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PETER JACKSON'S NEW ZEALAND STUDIO IS AT THE HEART OF HIS EPIC FILMMAKING EMPIRE PAGE 19

VANCOUVER metro

Tuesday, November 27, 2012

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p: Eric Berger

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Alleged gangsters shot dead

Burnaby shooting.
Double homicide took place in broad daylight

Two suspected gangsters are dead after what police say was a targeted, "brazen" shooting at a Burnaby hotel around noon Monday.

The double homicide occurred at the Executive Hotel and Conference Centre on the Lougheed Highway east of Gilmore Avenue, where gunfire shattered the hotel's glass doors and shocked staff and bystanders.

The victims were Sukhveer Dhak, currently on trial for drug trafficking in the B.C. Supreme Court, and his bodyguard Thomas Mantel, according to reports from various media outlets.

Metro could not confirm the reports before deadline.

Dhak was scheduled to appear in Vancouver court Tuesday.

Police, however, will not identify the victims until their families are notified. One Caucasian man and one Indo-Canadian man were pronounced dead at the scene, Integrated Homicide Investigation Team spokeswoman Sgt. Jennifer Pound said.

"This callous shooting occurred in a very public location, which could have injured or taken the lives of many innocent people," Pound said.

Police are searching for whoever is responsible.

It's not clear whether the men were shot from inside or outside of the hotel, or if the suspect or suspects got away by foot or vehicle, but police do not believe the men shot each other.

The murders of Dhak Group members could point to growing gang violence in the Lower Mainland, according to a warning from the Combined Forces Special Enforcement Unit in September 2011. The CFSEU warned anyone involved with the Dhak Group that there was reason to believe they were at risk and being targeted by other criminal groups.

Dhak's elder brother Gurmit Singh Dhak was shot dead at Metrotown in October 2010. His killing is thought to have spurred violent retaliation.

Police continued to investigate the crime scene Monday night.

EMILY JACKSON/METRO

Quoted

"Life should not be so easily thrown away."

Sgt. Jennifer Pound of the Integrated Homicide Investigation Team

Two men are dead after a daytime shooting at the Executive Hotel and Conference Centre in Burnaby. CONTRIBUTED

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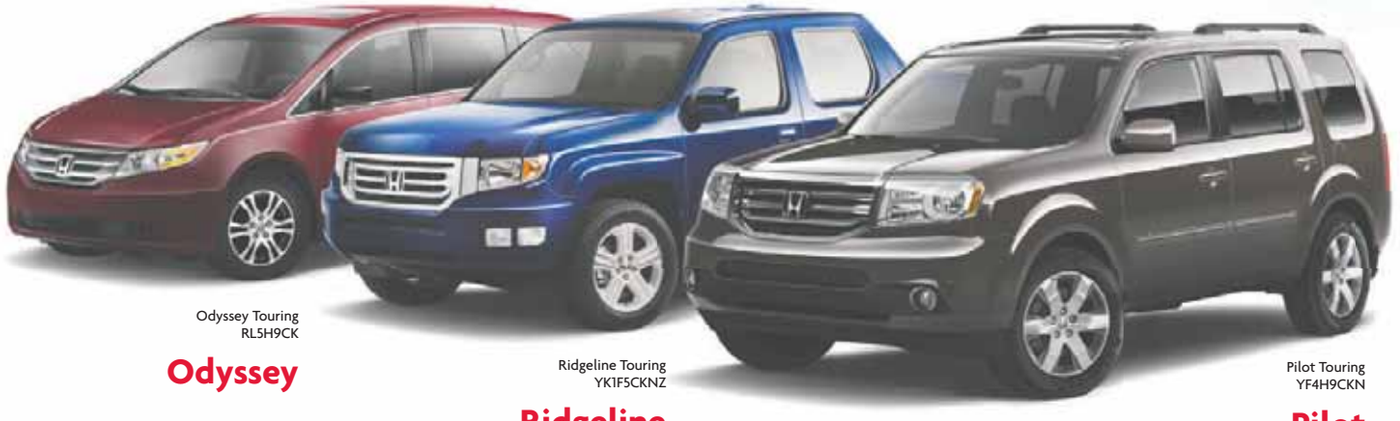

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Cascadia ale: Trademarked brand or emerging style?

Beer imbroglio.
Squabble over SteamWorks dark ale threatens to cascade into legal battle

KATE WEBB
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There's trouble a-brewin' in the B.C. beer industry over the use of the trademarked term Cascadian to describe a style of dark, hoppy ale.

Vancouver's SteamWorks Brewery trademarked the name Cascadia and all derivatives of the term, including Cascadian, in 2006, as the brand name of its Cascadia Cream Ale. The golden beer has been on tap at SteamWorks since the brewpub opened its doors in Gastown in 1995.

SteamWorks CEO Eli Gershkovitch said the headaches began in 2010 when a group of beer aficionados in Portland, where the Canadian trademark is not valid, tried to get the Great American Beer Festival to recognize Cascadian Dark Ale as a new style of beer.

"Their proposal was rejected because they said you're not creating anything new, we already have that style of beer: American black ale," Gershkovitch said on Monday.

Regardless, a number of B.C. craft breweries latched onto the term, releasing their own versions of Cascadian dark ale. The B.C. Beer Awards even listed it as a style category this year.

Each brewery that used it was contacted by SteamWorks and given a friendly heads-up by company president Walter Cosman that the term is trademarked in Canada. Gershkovitch says most brewers immediately acknowledged they had not done a trademark search and did not realize they were infringing. SteamWorks simply requested they use up the existing stock of labels and packaging and refrain from using the trademarked name.

All of them acquiesced, except for Granville Island Brewing, which was bought by Molson in 2009 and released a limited-edition Cascadian dark ale this summer.

Doug Devlin, director of marketing for Granville Island, said the brewery respects trademarks but, given the rising popularity of the ale it wants the freedom to sell it under the same name again.

"We still believe that that is an emerging style of beer," he said, adding that despite SteamWorks' opposition he is hoping a friendly conversation with the company will yield some flexibility.

"If the craft-brewing community in B.C. views this as an emerging style, then we should work to legitimize it so that it doesn't have this air of trademark infringement."

Gershkovitch, who is a lawyer, also said he hopes to clear up the dispute through respectful dialogue rather than litigation — but neither side appears willing to budge on the brew-haha any time soon.

The Boss takes care of an ecstatic Vancouver crowd

Bruce Springsteen surfs atop the crowd during his song Hungry Heart as part of a wild performance at Rogers Arena in Vancouver on Monday night. The Boss and his legendary E Street Band opened with Shackled and Drawn and brought the house down, exactly as advertised, with a tour called Wrecking Ball. From Vancouver, Springsteen heads across the border for a concert on Wednesday in Portland. JENNIFER GAUTHIER/FOR METRO

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Rock icon. Happy 70th birthday, Jimi Hendrix

Legendary guitarist Jimi Hendrix would have turned 70 Tuesday and his Vancouver fans will pay homage to his life and legacy at a free event.

The rock 'n' roll icon's birthday will be celebrated at the Jimi Hendrix Shrine and Museum. The heritage building used to be a Vie's Chicken Inn where his grandmother Zenora worked as a cook for much of her adult life.

The event, which starts at 6 p.m., will include a candlelight vigil and feature hip-hop poetry from the Black Dot poetry collective, an open mic, and a screening of the documentary Jimi Hendrix: Voodoo Child.

Though the event is free, donations will be accepted. The Jimi Hendrix Shrine is located at 796 Main St.

PHYLICIA TORREVILLAS/METRO

Tax rate

Craft brewers get break

Small craft breweries in B.C. are getting a tax break from the provincial government to allow them to make more beer.

Under a policy brought in earlier this year, smaller brewers faced higher taxes if they produced more than 16 million litres of beer a year, but now the government say they can produce up to 30 million litres and still qualify for a lower tax rate.

THE CANADIAN PRESS

Court ruling

Teacher acquitted of sex charges

The B.C. education ministry says a substitute teacher in Coquitlam who's been acquitted of sex charges will have to attend disciplinary hearings at the Teacher Regulation Branch if he wants his teaching licence reinstated.

Aleksandr Plehanov, who was cleared of 10 counts related to sexual assault and sexual interference, had his licence suspended by the B.C. College of Teachers in 2010. THE CANADIAN PRESS/NEWS1130/CKNW

Friends, family remember legendary VPD beat cop

Celebration of life. Bernie Smith, profiled in an Oscar-nominated NFB documentary, 'met life on his terms,' says chaplain

PHYLICIA TORREVILLAS
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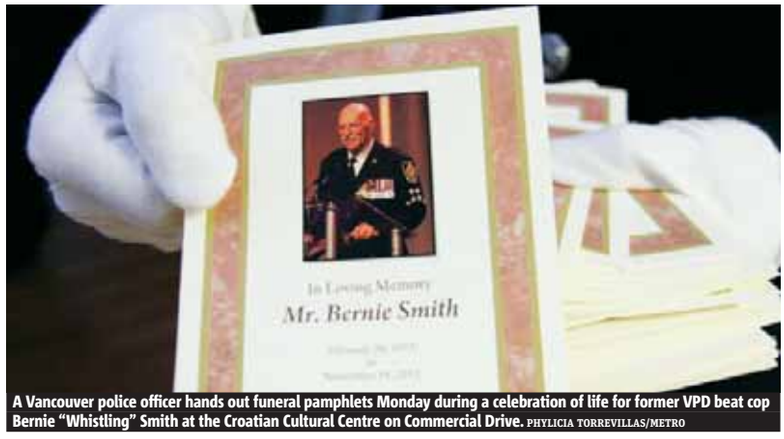

A Vancouver police officer hands out funeral pamphlets Monday during a celebration of life for former VPD beat cop Bernie "Whistling" Smith at the Croatian Cultural Centre on Commercial Drive. PHYLICIA TORREVILLAS/METRO

Bernie "Whistling" Smith was an "eternal optimist" who saw the good in everything.

Family, friends and colleagues remembered the legendary VPD beat cop Monday at a celebration of life at the Croatian Cultural Centre on Commercial Drive.

Smith's son Larry, a retired VPD inspector, described him as someone who loved the outdoors, camping and fishing and a father who put his kids before himself.

"Dad was truly a man for all seasons, so in the winter of his life, he faced his biggest challenges," he said. "He was blind, but it did not stop him. He had prostrate cancer, but this did not stop him."

"He fought a strong battle (against bone cancer) … and during the days of this battle, dad touched many with his wit, determination and thoughtfulness," he added. "Rest assured he has not been stopped. He just moved on to another stage where he can whistle a happy tune and share his love with others."

VPD Chaplin Jim Turner noted that Smith pushed through even though he faced problems that could've made him bitter about life, including the loss of a grandchild.

"He met life on his terms," he said. "He did not allow life to dictate terms to him."

Smith was profiled as a "tough cop with a big heart" in an Academy Award-nominated National Film Board documentary called Whistling Smith in 1976.

He joined the VPD in 1945 after serving in the Second World War. Smith was the president of the B.C. Social Credit Party and at one time was the right-hand man to former premier Bill Vander Zalm.

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Playing with Paul McCartney blows B.C. bagpipers away

Delta Police Pipe Band. Ex-Beatle gives 50-odd-member band the chance to join him on stage to perform 'Mull of Kintyre'

EMILY JACKSON
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The hardest part of playing a five-minute song with Sir Paul McCartney was keeping the gig a secret beforehand.

The 50-odd members of the Delta Police Pipe Band knew they would join the rock legend to play "Mull of Kintyre," McCartney's ode to Scotland, in Vancouver three weeks before the Sunday show but they had to keep mum.

They rehearsed with McCartney's band on Saturday and with the Beatle himself on Sunday afternoon.

"I would say it was unforgettable," pipe major John Ralston said Monday. "He was unbelievably gracious, very down to earth, friendly, easy to get along with and obviously a true professional."

Quoted

"It was very, very surreal to be out there in front of 45 to 50 thousand people with a legend like that. Nobody's feet have touched the ground yet."

Dave Trotter, president of the Delta Police Pipe Band

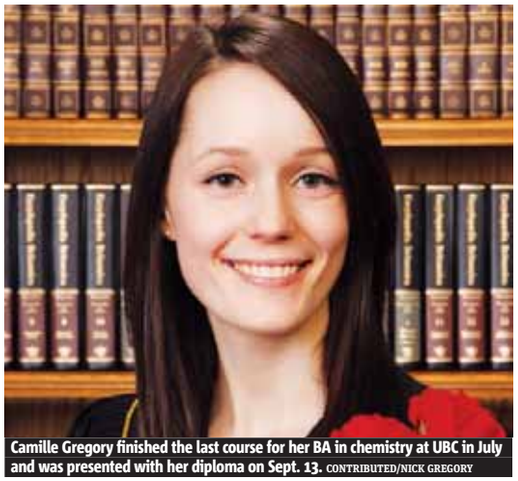
The band is now relishing its moment on stage, especially since McCartney rarely plays the song in concert.

"It was very, very surreal to be out there in front of 45,000 to 50,000 people with a legend like that," band president Dave Trotter said. "Nobody's feet have touched the ground yet."

The biggest crowd they had previously performed in front of numbered about 8,000, Trotter said.

The band is grateful that Live Nation and McCartney's management gave them the opportunity to play. The pipers will perform again for about 900 people at two Robbie Burns dinners in Vancouver in January.

Screenshot of the Delta Police Pipe Band playing with Sir Paul McCartney in Vancouver on Sunday. YOUTUBE.COM



Camille Gregory finished the last course for her BA in chemistry at UBC in July and was presented with her diploma on Sept. 13. CONTRIBUTED/NICK GREGORY

Incredible UBC student gets her dying wish: A chemistry degree

There are some dreams not even terminal cancer can snatch away. For Camille Gregory, getting her bachelor's degree in chemistry was one of them.

The 23-year-old from North Delta was diagnosed in 2009 with malignant melanoma that eventually spread to her liver, but that didn't stop the straight-A honours student from getting her dying wish to hold her diploma in her hands.

Angela Crane, a graduate student who first met the former model and volleyball player in a chemistry lab at the University of British Columbia last December, said Gregory was never one to advertise her illness.

"She was quite possibly the most positive person I've ever met in my life," Crane said.

"Just in general, she was always happy, always enthusiastic, always definitely looked on the bright side of things."

When Gregory was admitted to Surrey Memorial Hospital on Sept. 7, her father asked if there was anything special she wanted. Having finished her last course in July and knowing she would not live long enough to attend her convocation this month, she said all she wanted was to get her degree.

The chemistry department at UBC hastily arranged to confer her bachelor of science in a small ceremony at the hospital on Sept. 13. Gregory died four days later.

"I'm not at all surprised that that is what people have said is her dying wish because she really, really, really wanted it," Crane said. "It's quite remarkable how much she wanted it, so I imagine that meant the absolute world to her to get that."

Her father, Nick Gregory, told Metro in an email Camille hoped her story would serve as an inspiration to others facing adversity to keep fighting and not give up.

KATE WEBB/METRO

Kelowna

Fire guts at least three businesses

At least three businesses have been gutted by an early-morning fire at a strip mall near Kelowna's downtown core. A blaze at the Burtch Plaza broke out just after one Monday morning and it had destroyed three businesses within two hours. CKQQ/THE CANADIAN PRESS

Kootenays

Pair recovers from bear attack

A man and woman are recovering from serious injuries after startling a bear and two cubs outside Kimberley. Conservation officials say the attack happened late yesterday afternoon when one of the two hikers tried to run after the encounter.

KIMBERLEY DAILY BULLETIN

Vernon

Mountie pleased by five convictions

A top Mountie says he's pleased with the outcome of a lengthy trial in which five men were convicted in a series of drug-related murders in Vernon. A B.C. Supreme Court jury in Vancouver ruled the five suspects were guilty.

CKIZ/THE CANADIAN PRESS

Kamloops

Killer eaten by bear overdosed

A coroner says a convicted killer whose body became food for a bear outside of Kamloops last May had committed suicide. The official report on the death of Rory Nelson Wagner of Chilliwack says the man died of a cocaine overdose.

CFJC/THE CANADIAN PRESS

Inks Lake

Woman killed by falling tree

A woman has been killed in a woodland accident just south of Kamloops.

RCMP and the coroner are investigating after the woman was hit by a falling tree in the Inks Lake area Sunday afternoon.

CHNL/THE CANADIAN PRESS

High-profile case

Mountie in court for assault charge

An RCMP constable was expected to appear in a Kelowna courtroom Monday, charged with one count of assault causing bodily harm. Geoff Mantler is accused of kicking Buddy Tavares in the head during an arrest in Kelowna in 2011. CKQQ/THE CANADIAN PRESS

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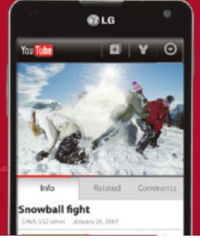

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Surrey. Man charged in fatal stabbing

A man has been charged with murder following a deadly knife attack in Surrey.

Homicide investigators were called to a suite in an apartment building at about 5:45 Sunday afternoon to find a critically injured man, identified as 35-year-old Jeremy McLellan.

Sgt. Jennifer Pound says McLellan was rushed to hospital but died of stab wounds less than an hour later.

William Engebretsen, 54, was arrested at the scene and has been charged with one count of second-degree murder.

In a press release Monday evening, Pound said Engebretsen lived in an apartment on 128th Street with McLellan and his mother.

Engebretsen will appear in Surrey court Tuesday morning.

THE CANADIAN PRESS

Kelowna

Major drug bust in the Southern Interior

Mounties in Kelowna and in the Boundary region of Southern B.C. are hinting at a major drug bust. Officials aren't releasing exact details, saying it will take most of today to sort out the specifics, but the seizure is significant.

Kelowna RCMP say they made the bust with help from federal, provincial and other municipal RCMP units. CKQQ/THE CANADIAN PRESS

Taking care of the tots

SMS system launched for baby vaccinations

B.C. parents who want to stay on top of their baby's vaccinations can now sign up for a new program that will send them text message reminders. The Provincial Health Services Authority is offering the free program. People can also get reminders for other scheduled vaccinations.

Visit immunizebc.ca for more information.

THE CANADIAN PRESS

Bright Nights light up Stanley Park for 15th year

Fire Fighters' Burn Fund. Proceeds help burn survivors and their families

PHYLICIA TORREVILLAS
phylicia.torrevillas@metronews.ca

Surrey firefighters put up the finishing touches on Bright Nights in Stanley Park Monday. The event starts Thursday and runs until Jan. 1. PHYLICIA TORREVILLAS/METRO

More than two million twinkling lights will again illuminate Stanley Park for the 15th annual Bright Nights.

Firefighters from across the Lower Mainland were putting the finishing touches Monday on a magical forest Bright Nights experience, which starts Thursday and runs until Jan. 1.

Donations collected at the event and partial proceeds from the train tickets go to the B.C. Professional Fire Fighters' Burn Fund, which helps burn survivors and their families through projects such as a burn camp for kids and an adult burn survivor program.

Brady Tupper, 32, is one burn survivor the fund has helped over the years.

"(In 2002) I was taking a shower and I had a seizure, but I only had time to turn off the cold water so I suffered first to third-degree burns on 33 per cent of my body," she said. "I spent six weeks at the burn unit at (Vancouver General Hospital) and one year in recovery."

It was the organization, she added, that helped her meet other burn survivors.

Tupper has visited other survivors in hospitals and spoken at conferences across the country and the U.S. She said this is her way of being involved in a community that gave back to her when she needed the support.

Ray Boucher with the Burn Fund said $270,000 was raised last year and more than 100,000 people are expected to visit Bright Nights this year.

The fundraising goal for this year is $275,000.

For more information, visit burnfund.org.

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Que. contracts got Canadian tax dollars: Review

Nationwide. Analysis shows taxpayers Canada-wide funded projects cited for corruption in Quebec

Taxpayers across the country had their money spent on Quebec construction projects identified at an eye-opening corruption inquiry as suffering cost overruns through collusion schemes, a review of contracts by The Canadian Press has revealed.

A search through public contracts tabled at the province's corruption inquiry has revealed numerous cases where federal money went to projects whose price tag was, according to witness testimony, inflated by scams.

The 91 contracts reviewed had been tabled at the inquiry in recent weeks as a pair of witnesses — a disgraced construction boss and Montreal city official — walked the commissioners through their role in the bid-rigging process.

A subsequent scan through those contracts has shown that at least 15 received federal funding, with the federal contribution in each case ranging from under $200,000 to more than $700,000.

The inquiry is still underway, but it has already prompted the resignation of the mayors of Montreal and the big suburb next door, Laval. THE CANADIAN PRESS

Not proven

The allegations made inside the inquiry have not been proven in a court of law, and could be subject to contradictions in the remaining months of testimony.

Former construction boss Lino Zambito testifies before the Charbonneau inquiry probing corruption and collusion in Quebec's construction industry on Oct. 1 in Montreal. PAUL CHIASSON/THE CANADIAN PRESS

Blue wins. Conservatives reclaim Calgary, Ontario seats in byelections

Conservative Joan Crockatt won a narrow byelection race in the Tory fortress of Calgary Centre.

Crockatt, the Conservative establishment candidate, emerged unscathed after a surprisingly close, three-way contest for a riding that's been solidly blue for four decades.

The former journalist edged out Liberal Harvey Locke — with a vote-splitting assist by Chris Turner of the Green party — by winning about 37 per cent of the popular vote, following a campaign that received national notice.

That was in part due to some ill-timed Alberta bashing by Liberal MPs outside the province — including Justin Trudeau — that may have saved Crockatt's election chances.

Tory strategists were spinning Calgary Centre as a litmus test for Trudeau's Liberal leadership hopes, but the vote results may say more about Alberta's ongoing battle over the direction of the conservative movement.

In two other byelections, the Conservatives easily reclaimed the Ontario riding of Durham, vacated when cabinet minister Bev Oda resigned, while in Victoria the NDP and Green candidates were locked in a too-close-to-call battle.

THE CANADIAN PRESS

In B.C.

- **Race.** The full results for the Victoria byelection weren't in by press time. To see the winner go to metronews.ca.
- **Brawl.** A safe NDP seat, however, turned into an acrimonious brawl in Victoria over a controversial $700-million sewage treatment plan. New Democrat Murray Rankin was the lone candidate supporting the unpopular plan.

Technology

Mobile wallets worry businesses

Small businesses are worried that so-called mobile wallets will give banks and credit card companies a new way to gouge them and consumers both.

A task force recommended nearly a year ago that Ottawa introduce legislation to give Canadians and businesses better tools to make payments digitally.

But a committee set up by the Finance Department to further study the issue has been told businesses worry they'll be hit with new fees as consumers adopt payment systems designed for their mobile devices.

The Canadian Federation of Independent Business says its members are terrified that the fees will become too much of a burden.

THE CANADIAN PRESS

Court battle

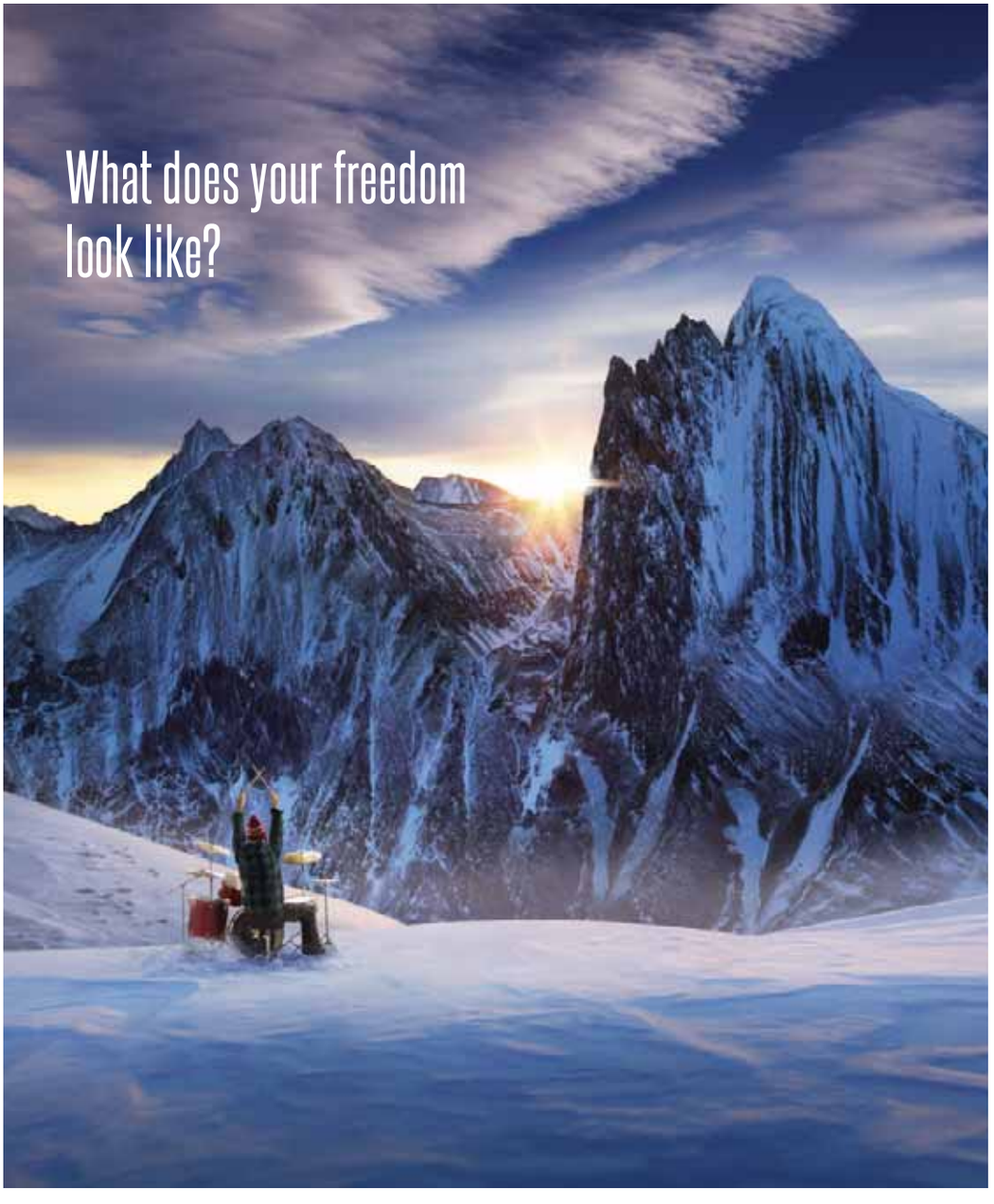
Que. mayor fights to save Catholic heritage

A Quebec municipality was in court fighting to keep prayers at city council meetings and it kicked off its case Monday by citing the preamble to the Constitution. Saguenay's colourful mayor, Jean Tremblay, says he's fighting to preserve the province's Roman Catholic heritage.

Tremblay launched a fundraising drive to fight the court case, which started after a complaint from a local resident.

The Quebec Human Rights Tribunal had ordered the prayers be stopped, the crucifix in the city council chamber be removed and that damages be paid to the citizen who complained.

THE CANADIAN PRESS



Deadly blaze rips through workshop for the disabled

14 dead, 8 injured. German Chancellor Angela Merkel 'shocked' by one of the country's deadliest fires

In this image taken from video, firefighters try to extinguish flames in a workshop for disabled people in Titisee-Neustadt, southwestern Germany, Monday. Firefighters said the fire killed 14 and injured eight others. DAPD/KAMERA24.TV/THE ASSOCIATED PRESS

Fourteen people were killed and eight injured Monday when a fire broke out at a workshop for disabled people in Germany's Black Forest region, authorities said. Scores had to be rescued from the building as it quickly filled with smoke.

More than 100 firefighters were deployed to battle the blaze, which began at the complex in Titisee-Neustadt early in the afternoon, said Markus Straub, a spokesman for local firefighters.

Ambulances raced to the scene as smoke poured from the windows of the modern, three-storey centre in one of the country's deadliest blazes in recent memory. German Chancellor Angela Merkel is "shocked" about the loss of so many lives, her spokesman said on Twitter.

The cause of the fire was not immediately known, police and firefighters said.

The centre usually has around 120 people at any one time, said Mirko Steffl, a police spokesman in the nearby city of Freiburg.

It was not immediately clear how many people had to be rescued, but by late afternoon workers had determined that no one else remained trapped in the building, he said.

The centre employs people with mental or physical disabilities in a variety of jobs, including metalwork, woodwork and electrical installation, and it is run by the Catholic Church's Caritas organization.

THE ASSOCIATED PRESS

Taliban

Prominent Pakistani survives assassination attempt

Police on Monday found and defused a bomb planted under the car of a prominent Pakistani TV anchor threatened by the Taliban for his coverage of a schoolgirl shot by the militants, police said.

THE ASSOCIATED PRESS

Presumed dead

Search ends for boy swept to sea as parents die in attempt to rescue family dog

The U.S. Coast Guard ended a search Monday for a teenager whose parents were killed after they plunged into the cold, powerful surf in Northern California in a nightmarish chain of events that started when their son tried to save the family dog from drowning.

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Death row

Judge rejects inmate's request to delay execution on obesity grounds

A condemned killer trying to delay his execution because of his extreme weight hasn't raised enough new issues to warrant the legal challenge, a federal judge ruled Monday.

Death row inmate Ronald Post, who weighs more than 400 pounds, is asking the courts to stop his January execution on the grounds his weight could cause him to suffer severe pain.

Post is prohibited from challenging his execution by injection because he raised similar claims in his first set of federal appeals in 1997, Judge Lesley Wells said Monday. In general, death row inmates are only allowed one federal appeal when alleging the same set of facts.

Post, 53, was sentenced to die for the 1983 shooting death of a hotel desk clerk.

THE ASSOCIATED PRESS

Extreme eating

Roach body parts caused contestant to choke to death: Medical report

A Florida man choked to death after downing dozens of live roaches to win a contest earlier this year in which the grand prize was a python, according to an autopsy released Monday.

Edward Archbold, 32, of West Palm Beach died as a result of "asphyxia due to choking and aspiration of gastric contents," according to the report released by the Broward County medical examiner's office. It said his airway was obstructed by the roach body parts, which caused him to not be able to breathe.

"It's hard to even think about it," said Kim Crawford, a former co-worker of Archbold. "It does bring a little closure because not knowing always puts that question mark out there."

THE ASSOCIATED PRESS

Carla Bruni supports gay marriage, adoption plan

France's former first lady. Bruni echoes majority French opinion on gay rights

Carla Bruni GETTY IMAGES FILE

France's former first lady Carla Bruni says she disagrees with her conservative husband Nicolas Sarkozy and supports a plan to allow gay marriage and adoption.

In an interview with the French edition of Vogue for its December issue, the 44-year-old singer and supermodel said: "I'm rather in favour because I have a lot of friends — men and women — who are in this situation and I see nothing unstable or perverse in families with gay parents."

France's Socialists are pushing a bill that could see gay marriage legalized early next year. Though surveys have found that the majority of French people favour gay marriage, there has been a vocal backlash from religious leaders, voters in rural areas and ex-President Sarkozy's own UMP party.

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Christmas in Poland

Workers assemble and decorate a giant Christmas Tree in front of the Royal Castle during unseasonably fine weather in Warsaw, Poland, on Monday. Christmas is eagerly celebrated in the predominantly Catholic country. CZAREK SOKOLOWSK/THE ASSOCIATED PRESS

Former Salvation Army exec charged in Toronto toy theft

Mr. Grinch? Police find three truckloads of the toys and are seeking a second suspect

David Rennie turned himself in and was charged for the toy thefts at the Salvation Army in Toronto. STEVE RUSSELL/TORSTAR NEWS SERVICE

The former executive director of a Salvation Army facility was charged Monday following the discovery of a massive cache of toys police said were stolen from the charity and bound for a booming black market.

Three tractor-trailers were found over the weekend in a warehouse in Brampton, Ont., and in a facility in Toronto. It's hoped the toys can be returned to the Salvation Army in time to distribute them this holiday season, police said Monday.

The toys and other gifts were either taken from the Salvation Army warehouse in Toronto or diverted before they got to the facility, police say.

"It's a terrible shame when people donate their good, hard-earned money ... and these articles are now being redirected for profit," said Det.-Sgt. James Gotell. "That's what we're alleging."

David Rennie, 51, of Toronto, has been charged with 17 counts of possession of property obtained by crime, 10 counts of theft over $5,000, seven counts of theft under $5,000, criminal breach of trust, conspiracy to commit an indictable offence and several counts relating to trafficking in stolen goods.

Police allege a company called Northern Sales Group, which they said controls the Toronto warehouse where the toys were found, was involved in a scheme to sell the Salvation Army toys and investigators said they are looking to arrest and charge a second suspect connected to the group.

Rennie is scheduled to appear in court on Jan. 4.

THE CANADIAN PRESS

Massive operation

"I haven't seen anything (of) this magnitude before."

Det.-Sgt. James Gotell, a Toronto investigator with 23 years of experience

Deadly cocktail

Grapefruit and oral meds can be lethal: Study

Grapefruit juice can interact with more than 85 oral medications, with about half of them potentially leading to severe — even deadly — consequences, finds a comprehensive review by a research team affiliated with Western University in London, Ont.

Medications altered by grapefruit include highly prescribed cholesterol-lowering statins, some key heart drugs and certain anti-psychotic and pain medicines.

A chemical in grapefruit interferes with an enzyme that controls how drugs are absorbed, resulting in a potentially toxic dose.

THE CANADIAN PRESS

Risk of ignition. Recall expanded for certain Banana Boat sunscreens

The makers of a popular line of sun products is expanding its recall of continuous spray sunscreens because they pose a fire risk.

A statement from Health Canada says the affected Banana Boat products can ignite on the skin if a user is exposed to an open flame or spark before the sunscreen has dried.

There have been five reports of such events, one in Canada and four in the U.S.

Health Canada is also warning that similar products from other manufacturers may also pose a risk.

The original recall has been expanded from two products to four and another affected product has been identified.

Affected products

Check your travel bags for:

- Ultra Defense SPF 30/60 Spray
- Sport Performance SPF 30/60 Spray
- Sunscreen Oil Spray SPF 15

The company, Energizer Personal Care, says the spray valves deliver more sunscreen than normal, which may remain wet and potentially flammable longer.

THE CANADIAN PRESS

Left wing wants me out: Ford

Conflict-of-interest case. T.O. mayor plans to appeal decision, vows to run again

JESSICA SMITH
Metro in Toronto

Stubbornly believing he wasn't breaking the law on conflict of interest despite never having read it wasn't a good enough defence for Toronto Mayor Rob Ford, a judge ruled on Monday.

Justice Charles Hackland found that Ford broke the Municipal Conflict of Interest Act in a council vote last February and ordered his seat vacated in 14 days.

"Outright ignorance of the law will not suffice, nor will wilful blindness as to one's obligations," the judge wrote.

One of Ford's key defences in the legal challenge brought by Toronto resident Paul Magder was that if he did in fact break the conflict-of-interest law, he did it honestly, in an error of judgment, which is a valid defence under the act.

On the stand in September, Ford testified he knew all about conflict of interest, despite never having read the act, because his father had been an MPP. The judge found that insufficient.

In brief remarks to a throng of reporters at city hall, Ford said he will appeal the ruling and "fight tooth and nail" to hold on to his job. If that fails, he will run for re-election.

"I'm going to fight for the taxpayers like I always have," he said. He blamed the outcome on the left wing. "This comes down to left-wing politics," he said. "The left wing wants me out of here."

Lawyer Clayton Ruby, who represented Magder, said Ford has no one to blame but himself. "Rob Ford did this to Rob Ford.... It could have been avoided if Rob Ford had used a bit of common sense."

Ruby said Ford should never have taken money from lobbyists for his football fund to begin with. But it was the mayor's decision months later to take part in a council vote concerning whether or not he should have to pay it back that landed him in trouble.

Toronto Mayor Rob Ford, left, speaks to the media on Monday at city hall in Toronto. Ford has been ordered out of office after a judge ruled he broke conflict-of-interest rules. NATHAN DENETTE/THE CANADIAN PRESS

Seeking clarification

Both sides confused over ruling

Justice Charles Hackland could have barred Toronto's Mayor Rob Ford from running again for seven years, but instead opted to disqualify him for the "current term."

It was not immediately clear whether that meant Ford's term ended with his ouster, meaning he would be free to run in a possible byelection.

Lawyer John Mascarin, a law expert, called the ruling ambiguous, but said he believed Hackland "clearly" meant to bar Ford from running for office until the current council term is over in 2014. Both parties could write the judge to seek clarification, said Mascarin, who called the ruling "unprecedented."
THE CANADIAN PRESS

Canadian mayoral mishaps

Toronto Mayor Rob Ford, ordered out of office for violating conflict-of-interest rules, is only the latest in a chain of mayors to get tripped up by legal trouble. STEVE COLLINS/FOR METRO

Gérald Tremblay (Montreal) resigned Nov. 5 in the midst of revelations at the Charbonneau Commission into corruption in Quebec, about six months after the arrests of his ex-chief of staff and former chair of his executive committee. Tremblay denies knowledge of any wrongdoing.

Joe Fontana (London, Ont.), a former Liberal cabinet minister, faces charges of fraud under $5,000, breach of trust by a public official and uttering a forged document. He's accused of misusing federal funds to book a hall for his son's 2005 wedding. Fontana says he's not guilty and won't resign.

Gilles Vaillancourt (Laval) resigned Nov. 9 after 23 years as mayor. He was accused by a witness at the Charbonneau inquiry of accepting kickbacks from construction firms. He hasn't been charged, but police have executed search warrants on his home, condo, offices and safety deposit boxes.

Larry O'Brien (Ottawa) had to take time off work for his 2009 criminal trial on charges of attempted bribery and purported influence peddling. He was alleged to have offered rival mayoral candidate Terry Kilrea a job with the National Parole Board to convince him to drop out of the campaign.

Linda Jackson (Vaughan, Ont.) ran for re-election in 2010 while still facing 68 charges under the Municipal Elections Act relating to expenses from her last campaign. She lost the election to former Liberal cabinet minister Maurizio Bevilacqua, but had the last of the charges thrown out last year.

Sam Katz (Winnipeg) faces conflict-of-interest allegations in a lawsuit from Joe Chan, owner of Cathay House restaurant, alleging he improperly spent $2,915 on a 2010 city function at Hu's Asian Bistro, a competing restaurant the mayor owned at the time. The case goes to court April 2.

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Carney to head Bank of England

Crossing the pond. Canada's central banker is 'going to where the challenges are greatest'

Bank of Canada governor Mark Carney addresses a news conference in Ottawa on Monday after it was announced that he will be the new head of the Bank of England. FRED CHARTRAND/THE CANADIAN PRESS

Mark Carney is leaving the Bank of Canada for one of the most storied financial positions in the world — to take over the Bank of England at a pivotal time in its 318-year history.

The announcement shocked observers on both sides of the pond, particularly as Carney had previously played down reports he was being considered, as he also played down rumours about joining the International Monetary Fund and the Liberal party.

But the Bank of England rumours turned out to have substance, although Carney on Monday said he had not formally applied for the job and only made the decision in the last two weeks. He insisted he was not leaving Canada in the lurch for the big job, however.

"We have a system that works very well. It's been tested under the biggest economic and financial shock we'll ever see in our lifetime and it has passed that test," he told reporters. "I'm going to where the challenges are greatest because I'm confident that the strengths are as deep and as broad as they are here in Canada. I could not do it any other way."

Finance Minister Jim Flaherty called Carney his "friend" and admitted the news was "bittersweet."

"It is our loss, of course it is. Mark has been a superb governor of the Bank of Canada for more than five years, so his loss will be felt."

THE CANADIAN PRESS

Milking time at the European Parliament

Police officers are sprayed with milk by dairy farmers on Monday during a demonstration in front of the European Parliament building in Brussels. Farmers from across Europe drove their tractors into the city for a two-day demonstration to protest what they believe are unfair milk prices. GEERT VANDEN WIJNGAERT/THE ASSOCIATED PRESS

Personal finance

Ottawa increases limit on tax-free savings accounts

Ottawa says Canadians will be able to contribute an additional $500 a year on their Tax Free Savings Accounts starting Jan. 1. That means Canadians can put in $5,500 a year, with any investment income earned not subject to taxation while it remains in the TFSA. The increase will be the first adjustment in the contribution limit since TFSAs were created in 2009.

THE CANADIAN PRESS

Research in Motion

Another analyst ups target price

Research In Motion's reputation is enjoying a bit of a revival after being all but written off by many observers who think it has little chance of competing against Apple and Android smartphones.

CIBC on Monday raised its target price on RIM shares to $17 US, up from $8 US a share, based "on RIM's existing subscribers wanting to upgrade to BB10." RIM will launch its new smartphones and operating system Jan. 30.

THE CANADIAN PRESS

Market Minute

DOLLAR 100.62¢ (-0.19¢)

TSX 12,185.05 (-28.19)

OIL $87.74 US (-54¢)

GOLD $1,749.60 US (-$1.80)

Natural gas: $3.74 US (-16¢)
Dow Jones: 12,967.37 (-42.31)

Accused in insider trading case released on $5M bail

A former hedge-fund portfolio manager accused of passing along information in one of the largest insider-trading fraud cases in history appeared in a Manhattan court for the first time on Monday and was released on $5 million US bail, though his movements were restricted.

Mathew Martoma, 38, must post $2 million US in cash or property by next week to satisfy the new bail requirements, which will limit his travel to New York, New Jersey, Florida and Massachusetts.

Martoma was arrested last week on charges that, between 2006 and 2008, he helped to engineer one of the largest insider-trading frauds in history. Martoma worked with CR Intrinsic Investors, an affiliate of SAC Capital Advisors. SAC is owned by Steven A. Cohen, one of the world's richest men.

By the numbers

$276M

Prosecutors say Martoma shared the confidential results of drug tests with others, enabling more than $276 million US to be made illegally for his fund and others.

Martoma was not required to enter a plea, since an indictment has not been returned.

"We took care of business today and we'll be back another day," said Martoma's lawyer, Charles Stillman.

Martoma was arrested on Nov. 20. Prosecutors say he exploited an acquaintance with a medical-school professor to get confidential advance results from tests of an Alzheimer's disease drug.

Prosecutors say he shared the information with others, enabling more than $276 million US to be made illegally for his fund and others.

The government said in court papers that he caused other investment advisers to buy shares in the drug companies, and then he and the others ditched their investments before the public found out about the drug trial's disappointing results, allowing them all to make big profits and avoid huge losses.

The FBI subpoenaed SAC and other influential hedge funds in November 2010. Martoma is the fourth person associated with SAC Capital to be arrested on insider-trading charges in the past four years.

THE ASSOCIATED PRESS

Mathew Martoma, former SAC Capital Advisors hedge-fund manager, leaves a Manhattan court on Monday after being released on $5 million US bail. LOUIS LANZANO/THE ASSOCIATED PRESS

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WHEN DID I START WORRYING ABOUT MOM AND DAD?

SHE SAYS...
Jessica Napier
metronews.ca

My mother once told me that parents never stop worrying about their children. This might be true, but I didn't realize how early on I'd start worrying about them.

I've enjoyed a pretty typical parent-child relationship with my mother and father. They were the reliable authority figures who always insisted I wear a jacket, taught me to save a portion of my paycheque and begrudgingly drove me home when I got too drunk at a party. But in my mid-20s, something strange happened; all of a sudden there was a role reversal and I was the one acting like the concerned parent.

Tables turning

As we transition from rebellious adolescents to self-centred young adults to responsible grown-ups, we begin to appreciate our parents in a new light. They are no longer just the guardians of the car keys but actual people with real vulnerabilities.

Shouldn't you be eating more green vegetables, Mom and Dad? Maybe cut back on the drinking and give up that occasional-cigarette habit? Perhaps you should start incorporating some more exercise into your daily routine and try to be a bit more careful with your finances.

My parents aren't elderly by any means, but they weren't exactly teenagers when they had me. It's probably not necessary, but I find myself fretting more about their ability to take care of themselves. I feel compelled to check in on them every once in a while to make sure there's fresh fruit in the fridge and no one has fallen down the stairs.

As we transition from rebellious adolescents to self-centred young adults to responsible grown-ups, we begin to appreciate our parents in a new light. They are no longer just the guardians of the car keys, but actual people with real vulnerabilities.

Whenever I see my parents in pain — physical or emotional — it's heartbreaking. When I realize that one day they might be entirely dependent on me, I start to panic. I will never be ready, but will I be able to take care of them when the time comes?

My father likes to joke that he wants Queen's Another One Bites the Dust played at his funeral. I used to think this was funny, now it makes me sick to my stomach.

As adult children, it's hard to confront the inevitable truth that our parents are going to die one day. It's only natural that we'd try to do whatever we can to prolong the inevitable, even if that means turning into overly protective worriers. After all, a few small changes now could result in a few more years together, and I want Mom and Dad to be around as long as possible.

Follow Jessica Napier on Twitter @MetroSheSays

After so many years of them looking after us the roles reverse and we are suddenly wrapped up in our parents' well-being. MH.XBHD.ORG/FLICKR

The Queen's very hairy encounter

DAVID PARKER/WPA POOL/GETTY IMAGES

By royal appointment

Queen inspects very hairy soldier

The Queen has encountered a green Yeti, but in truth this sight is far from abominable. Queen Elizabeth II met a camouflaged sniper from the Household Cavalry at Combermere Barracks near Windsor Castle.

During her visit, the Queen perused some army paraphernalia, including a machine gun and some military boots. METRO

Equine interests

Diamond is a royal's best friend

The Queen is no stranger to cavalry, as her lifelong love for horses was apparent during her time at the barracks. Her Majesty approached and petted a drum horse, which was on official duty for the first time during the Queen's visit.

The drum horse was renamed Adamas, which means diamond in Greek, in commemoration of the Queen's Diamond Jubilee. METRO

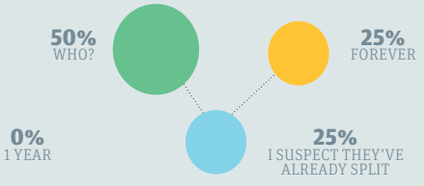
The barracks history

- Founded in 1804, the barracks comprise more than 20 acres and are located within a kilometre of Windsor Castle. It's home to the Household Cavalry Regiment, which uses armoured vehicles and tanks, such as Scimitar tanks, in large-scale war operations — most recently in Iraq.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

How long will Bachelor Canada's Brad Smith and Bianka Kamber last?



Twitter

@BabaBrinkman: "@char_des: Can we expect endorsement rap from her son? MT @cbcnewsbc: Murray joins leadership race http://bit.ly/Tfno6N" in a word, yes.

@JodieEmery: Marc's early release (85% of 5yrs, good behavior) is July 9, 2014. He'll apply for transfer home in April, could be back in 1yr. @hempsterbc

@rickmercer: Dodgy internet on this tarmac but am I to believe that Rob Ford is now the new Gov of Bank of Canada?

@charliedemers: Today would have been Mr. Dressup's 85th birthday. When I was little, my mom told me that he was my real dad.

@mjeso: Largest convention ever of the BC Federation of Labour. #bcfed12 #leadersthatwork #bcpoli pic.twitter.com/Yx8ZIMTg

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DVD review

Lawless

Director. John Hillcoat

Stars. Tom Hardy, Shia LaBeouf, Guy Pearce

All slicked up but mostly firing blanks, John Hillcoat's Prohibition-era western — based on a book of the same name — looks and sounds great, but fails to tell a compelling story. Bootlegging brothers Jack (Shia LaBeouf), Forrest (Tom Hardy) and Howard Bondurant (Jason Clarke) run a general store and gas station in their woodlands Virginia refuge, but their real coin comes from the illegal moonshine they make up in the hills. Local cops are inclined to look the other way — especially since older bros Forrest and Howard are not guys you want to rile. Neither is much for talking, although they sure know how to fight and shoot. Timid Jack, the youngest, can't bring himself to pull a trigger. The Bondurants draw the attention of the feds, who send down special deputy Charley Rakes (Guy Pearce) with the intent to clean up and dry up the county. Extras include an audio commentary with Hillcoat and author Matt Bondurant.

PETER HOWELL

The Hobbit trilogy is just one of the projects Peter Jackson's Wellington studio has on the go. HANDOUT

New Zealand: The land of special effects

Hurrying for The Hobbit. Peter Jackson's Wellington studio puts together blockbusters in a pastoral setting

A crate full of sushi arrives. Workers wearing wetsuit shirts or in bare feet bustle past with slim laptops. With days to go, a buzzing intensity fills the once-dilapidated warehouses where Peter Jackson's visual-effects studio is rushing to finish the opening film in The Hobbit trilogy.

The fevered pace at the Weta Digital studio near Wellington, New Zealand, will last nearly until the actors walk the red carpet Nov. 28 for the world premiere. But after The Hobbit: An Unexpected Journey hits theatres, there's more work to be done.

Weta Digital is the centrepiece of a filmmaking empire that Jackson and close collaborators have built in his New Zealand hometown, realizing his dream of bringing a slice of Hollywood to Wellington. It's a one-stop shop for making major movies — not only his own, but other blockbusters like Avatar and The Avengers and hoped-for blockbusters like next year's Man of Steel.

Along the way, Jackson has become revered here, even receiving a knighthood. His humble demeanour and crumpled appearance appeal to distinctly New Zealand values, yet his modesty belies his influence. He's also attracted criticism along the way.

The special-effects workforce of 150 on The Lord of the Rings trilogy a decade ago now numbers 1,100. Only five of Weta Digital's workers are actual employees, however, while the rest are contractors. Many accept the situation because movie work often comes irregularly but pays well. Union leaders, though, say the workers lack labour protections existing in almost any other industry.

Like many colleagues, Weta Digital's director, Joe Letteri, came to New Zealand in 2001 to work on the Rings trilogy for two years. The work kept coming, so he bought a house in Wellington and stayed.

"People come here because they know it's their chance to do something really great and to get it up on the screen," he said in a recent interview.

Jackson, who declined to be interviewed for this story, launched Weta in 1993 with fellow filmmakers Jamie Selkirk and Richard Taylor. Named after an oversized New Zealand insect, the company later was split into its digital arm and Weta Workshop, which makes props and costumes.

Beyond having creativity as a filmmaker, Jackson has proved a savvy businessman, Letteri says. "The film business in general is volatile, and visual effects has to be sitting right on the crest of that wave," Letteri says. "We don't get asked to do something that somebody has seen before."

THE ASSOCIATED PRESS

Big business

The New Zealand government calculates that feature films contribute $560 million each year to New Zealand's economy. Like many countries, New Zealand offers incentives and rebates to film companies and will contribute about $100 million toward the $500 million production costs of The Hobbit trilogy.

Seventy years later, Casablanca still evokes images of a pining Bogart

Play it again. For North Americans, Moroccan city is still known best for its association with iconic film

Seven decades after the premiere of the film classic Casablanca, the Moroccan port city remains firmly associated in many people's minds with the movie, even though Rick's Café Americain, where much of the story took place, was a pure creation of Hollywood.

Casablanca, a story of love and intrigue during the Second World War, premiered Nov. 26, 1942. Today, the city is a vibrant, noisy metropolis of four million people and Morocco's commercial capital, nothing like the wartime colonial outpost depicted in the iconic movie, which starred Humphrey Bogart as Rick.

But a trip through the city's swanky lounges and dive bars can still evoke the spirit of the cafe from the movie. There's even a real-life Rick's Café here, founded by an American expat.

In the film, Rick's Café Americain, an expansive space spanned by low arches, had it all — a casino, singers, full brass band and round tables where guests hunched conspiratorially, drinking and talking about resisting the Nazis or getting exit visas to flee to America.

Outside the café's panelled doors, the movie depicted Hollywood's "Middle East" with generic dusty streets and markets. Characters talked about "rotting" away in Casablanca, described as being in the middle of a desert. In fact, Casablanca in 1942 was a jewel of the French colonial empire, famous for luscious art-deco and neo-classic architecture.

"During the 1940s, Casablanca was a laboratory for European architects," said Adel Saadani, who works to raise awareness of the city's neglected heritage.

"There was space and there was money and there was a carte blanche for architects to experiment."

Quoted

"I was amazed in my four years here that no one ever thought of establishing a Rick's Café"

Kathy Kriger, Rick's Café owner

For decades after the war, said Saadani, Casablanca was filled with jazz clubs and cabarets that hosted the likes of Dizzy Gillespie, Louis Armstrong and Josephine Baker. The movie's pianist, Sam, would have fit right in.

But the last jazz club closed in 1984 amid conservatism and a turn away from Western music. Downtown bars fell into disfavour. At the same time, rural migrants flooded in looking for jobs. Cheap, ugly, unregulated high rises sprung up as the city mushroomed.

Tourists passing through the city looking for Rick's in those years were often disappointed by traffic-choked streets and the glass and concrete tower blocs of a modern city. But in recent years, more nightspots have opened, including, in 2004, Rick's Café.

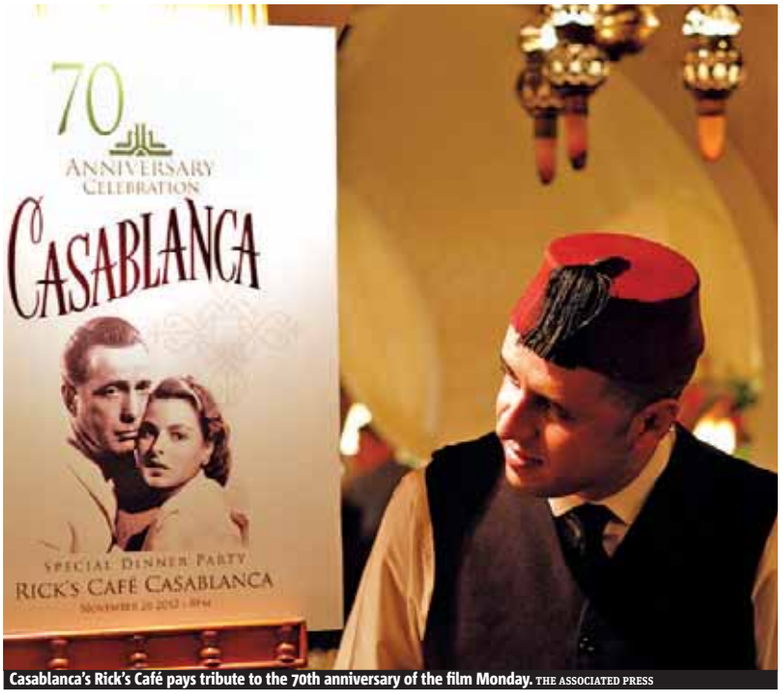
"I was amazed in my four years here that no one ever thought of establishing a Rick's Café," recalled its owner, Kathy Kriger.

Her elegant restaurant, in a 1930s townhouse on the edge of Casablanca's medina, is awash in nostalgia for the classic film. Kriger can be found most nights perched on the end of the long bar, while a piano player — named Issam, not Sam — plays the movie's theme song, As Time Goes By, repeatedly through the night to a packed house.

And while the only item on Bogart's menu seemed to be caviar, Kriger offers a full menu of Moroccan and continental cuisine. "I take the movie as a basis but make it more luxurious and better," said Kriger.

The real-life Rick's is a hit, filled with well-heeled locals and visitors from everywhere, from Atlanta, Georgia, to Japan. Outside a tour bus is usually parked next to the BMWs and Audis of the dinner crowd.

THE ASSOCIATED PRESS



Casablanca's Rick's Café pays tribute to the 70th anniversary of the film Monday. THE ASSOCIATED PRESS

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Prince Charles ALL PHOTOS GETTY IMAGES

Charles in charge? Not anytime soon, it seems

Prince Charles, who recently celebrated his 64th birthday, may be growing tired of being the longest-waiting heir to the throne in British history, as his 86-year-old mother, the Queen, shows no sign of stepping down.

"Impatient? Me? What a thing to suggest! Yes, of course I am," Charles joked with reporters recently, according to the Telegraph. "I'll run out of time soon. I shall have snuffed it if I'm not careful."

The Word

Lohan wants more small screen action

THE WORD
Dorothy Robinson
scene@metronews.ca

If you didn't catch the masterpiece that was Sunday night's Liz and Dick on Lifetime, you missed out on the pop culture phenomenon of the month. Critics had a mighty fine time lambasting what was to be Lindsay Lohan's return to acting prominence. Instead, her performance seemed like it was best suited for community theatre, if community theatre were held in a prison.

But Lohan will not let a little thing like public ridicule get her down— RadarOnline.com is reporting that now that she's gotten a taste of TV, she wants her own sitcom.

"Lindsay has asked her manager and agent to look into getting her her own television sitcom," a source tells the website.

"Lindsay feels that the small screen would be a great way for her to revitalize her acting career and that a comedy would be the best bet. Lindsay feels most comfortable doing comedy and it was Charlie Sheen that told her she should do it. Charlie told Lindsay that it was an easy way to make very good money and help her to get her movie career back on track. Lindsay is loving the idea of having her own sitcom and would love to play someone in a story based on her crazy life."

And honestly, judging from the attention Liz and Dick received, I'm sure Lifetime got some of the best ratings it has seen in years. So maybe it will be Lohan who will get the last laugh? (Ed note: Actually, no, scratch that ending. We'll all still be laughing about Liz and Dick for a long, long time.)

I just play one on TV...

"Lindsay is loving the idea of having her own sitcom and would love to play someone in a story based on her crazy life."

Source speaking to RadarOnline.com

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Looking for a winter fitness challenge?

How to get started. Consider something you can keep up for the long run and will pay off for you in springtime

EMMA GODMERE
life@metronews.ca

By starting a new, simple training routine now, you can set a goal of running your first race come 2013.

Added bonus: You double your calorie burn when you run in the winter, as your body works to keep warm while you keep up your pace.

But what if you've never run before?

Where do you start?

One of the first things a new runner should consider is finding a training buddy, says Shelley Beaubien, national clinics and training program administrator for Running Room Canada.

"When you're starting out, you want to be able to talk while you're running," explains Beaubien. If you can continue a conversation, you're keeping a good pace.

"If you're running too hard, you overtrain, you can get injured, or you drop out."

Running with a friend ensures you stay motivated and safe.

As the temperature dips, the weather poses more risks to runners, and a friend will be able to watch for signs of hypothermia.

Beaubien emphasizes keeping your head, hands, and feet properly covered and warm while wearing appropriate training gear.

First-timers should combine running and walking in intervals and set aside enough time to train three times a week at a time of day that works best for you, says Beaubien.

New runners should also run for time and not distance as your body adapts to a new training routine.

As your strength increases, you can increase the intensity or distance of your run.

But the Running Room advises against expanding your distance program any more than about 10 per cent per week.

By starting your training on the right foot, you're helping yourself stick to a healthy routine for the long haul.

"You want to make sure that you're not doing it just for a short period of time," says Beaubien.

"You want to think about it as a lifestyle change ... a way to get healthy and stay healthy the rest of your life."

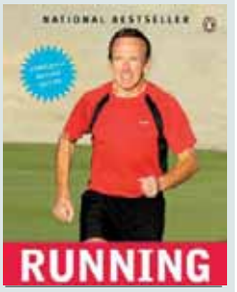
Start your training off on the right foot. ISTOCK PHOTOS

Start sharing

This is the second in a week-long series of articles chronicling some of the rites of passage many of Metro's readers will experience as they leave the nest or school and head out on their own.

Do you some marathon tips? Visit metronews.ca/features/firsts, tweet us or even turn to the person next to you and share your advice to a marathon newbie.

Winter running tips



Here are some winter running tips from John Stanton, founder and president of the Running Room Canada, from his book, Running: Complete Guide to Building Your Running Program.

1 **Adjust the intensity of your workout.**

2 **Keep your head covered and your hands and feet warm, as a significant amount of our heat loss comes from our extremities.**

3 **Warm up properly, start your runs at a comfortable pace and slowly build up to a pace slower than your normal training pace.**

4 **Cover all exposed skin. If you or your running partner have exposed skin, be aware of each other to prevent frostbite.**

What to eat

Some of the most popular (and simple) running foods, according to the Running Room:

- **Oatmeal.** Provides great slow-digesting carbohydrates and fibre as part of a pre-run meal.
- **Bananas.** Popular before, after, and even during a run, as they replenish potassium you lose as you sweat.

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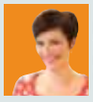

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

With all the beef in the news recently, one has to wonder if it deserves a place on your healthy plate. You have to weigh the pros and cons (and measure your desire for flame grilled against them).

From a nutritional perspective, you can get what beef boasts elsewhere:

• Mussels have almost as much zinc and much more B12.

• Chicken thighs have about half the amount of iron.

• Ounce for ounce, chicken, fish and pork all have about the same amount of protein.

But if you really want the beef, here is something to think about:

• Grass fed beef has a healthier fat profile.

• Grass fed lamb or bison is a great option.

• Any ground meat product needs to be thoroughly cooked to 72 C. The surface area of a ground product moves any existing bacteria from the outside, where it is more easily cooked to a safe temperature to the inside, where even a small amount left undercooked can make you sick.

The days of enjoying your meat rare may be done unless you really know your source and have the trust in fate of a skydiver, but it doesn't mean you can't enjoy beef. **THERESA ALBERT IS AN AUTHOR AND ON CALL, PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

Beef and Butternut Squash Stew goodness in 45 minutes

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

1. In saucepan over medium-high, heat oil. Add beef and cook, turning, until browned on all sides but still rare at centre, 5 minutes. Use slotted spoon to transfer beef to a plate.

2. Return saucepan to heat and add squash and carrots. If pan is too dry to sauté vegetables, add a splash of olive oil. Sauté until squash begins to brown, about 5 minutes. Add onion and garlic and continue to cook until the onion is tender, 6 minutes.

Ingredients

- 2 tbsp olive oil
- 1 1/2 lbs sirloin beef tips, cut into 1-inch chunks
- 3 cups cubed butternut squash (1/2-inch cubes)
- 1 cup baby carrots, halved
- 1 large yellow onion, diced
- 2 cloves garlic, minced
- 28-ounce can crushed tomatoes
- 2 cups beef broth
- 1 tsp smoked paprika
- 1/2 tsp dried thyme
- 1/2 tsp mustard powder
- Salt and black pepper

3. Add tomatoes, broth, paprika, thyme and mustard powder. Bring to simmer and cook until the carrots and squash are tender, about 20 minutes. Return the beef to the pot, as well as any juices that have accumulated on the plate. Simmer for 5 minutes, then season with salt and pepper. **THE ASSOCIATED PRESS**

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Chef Bianca creation for ORGANIKA®
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Raspberry Whole Meal Muffins
1 1/3 cups whole wheat flour
1 tsp ground cinnamon
1/3 cup Organika® Coconut Palm Sugar
1 egg
4 ¼ oz melted Organika® Virgin Organic Coconut Oil
½ cup almond milk
½ tsp grated lemon zest
¼ cup frozen raspberries
2/3 cup Organika® Ultimate Fiber Blend
Extra coconut sugar for sprinkling

Preheat oven to 350Of.
Sift flour and cinnamon into a large bowl. Stir in Organika Coconut Sugar and a pinch of salt. Make a well in the center.
In a separate bowl, whisk egg, Organika Coconut Oil, almond milk, lemon zest. DO NOT DO THIS STEP AHEAD OF TIME, coconut oil hardens very quickly. Pour the mixture into the dry ingredients; and stir to combine.
Spoon batter into muffin holes to 1/3 full, then add 2 to 3 frozen raspberries to the center of each muffin. Top with the remaining batter and sprinkle with extra Organika Coconut Sugar.
Bake for 20-25 minutes or until they are golden brown and an inserted stick can be removed clean.
NO GUILTY SWEET TOOTH. YUM.

Kathy Maraz creation for ORGANIKA®
Gluten Free & Diabetic friendly recipe

Coconut Vinegar Dressing
1/3 cup grape seed oil
3 tablespoons Organika® Organic Coconut vinegar
1 teaspoon minced garlic
2 teaspoons chopped ginger root
Salt and pepper to taste
1 tablespoon sesame seeds

Coconut Apple Sauce
4 apples, peeled, cored and chopped
¾ cup water
¼ cup Organika® Organic Coconut Palm Sugar
½ teaspoon ground cinnamon
1 Tablespoon Organika® Organic Virgin Oil
Directions: In saucepan, combine apples, water sugar and cinnamon. Cover and cook over medium heat, for 15-20 minutes, or until apples are soft. Allow to cool and mash with a fork or potato masher.

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Suffering in silence? Talk it out, bro

Depression. Men should confide in each other to help ease pain

LINDA CLARKE
Metro World News in Boston

Don't suffer in silence: Fight depression with a chat. ISTOCK

When it comes to men's mental health, there's a fundamental difference between the sexes. Women tend, generally, to look to support from partners, or they seek support from a network of girlfriends or family. Failing that, they often seek professional counsellors.

But either way, they express emotions and talk through a problem. Men often don't want to talk about their feelings, and may even deny having problems, emotional or otherwise.

"Guys," says holistic life coach and counsellor Ken Ross, a certified professional coach who leads men's groups, "traditionally, we tend to be islands. When it comes to men confiding in men, it doesn't usually happen."

This basic survival of the fittest wiring goes back to the cavemen. Appearing strong and problem-free meant other males were less likely to challenge or attack. It might have worked for our ancestors, but in today's complex social environment, bottling up or ignoring troubled emotions is like adding fuel to the fire.

"There's a lot of depression that's not acknowledged and not expressed," Ross says. "Men feel ashamed of it. There's a lot of stress derived from holding it in so much, and physical health suffers too."

Ross stresses that opening up to someone isn't the weak route, and that taking care of your mental health is paramount to a fulfilling life.

"It's old wiring that doesn't suit us in the 21st century," he says. "What is thought of as strength and what is weakness, we have it backward. Vulnerability is human and it takes courage to be open and the more open you are, the more fully alive you are."

Fork, spoon or both?

Delicious but messy to eat, so save it for the family table. ISTOCK

How to handle tricky French onion soup

What is the proper way to eat French onion soup? The cheese just seems to string on forever, so it's hard to eat like spaghetti and soup shouldn't need a fork to eat.

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Firstly, French onion soup is not an item that should be served at a formal dinner because of the difficulty of eating it. This soup should be kept for the family dinner table. Now remember, for every rule, there is always a wrong and right way of breaking it when necessary.

I saw one successful way to serve French onion soup at formal restaurants in the '70s. A small pair of scissors would be served along with the soup so you could cut the strings of cheese.

Now, as fun as that is, it just isn't practical. I mean, who has 12 pairs of scissors standing by for dinner parties?

So back to the question. How do you eat French onion soup without making a mess? Well, all of that cheese and bread does make for a difficult battle. I have called numerous friends in the etiquette business and asked their advice. Thankfully, there seems to be consensus.

I personally wrap the cheese around the soup spoon and then press it against the side of the bowl to "cut" the cheese. I then fill the soup spoon with liquid and bring it up to my mouth. Ideally, you should never use your fingers, but trust me, we all have! My last tip? Never order this with clients, it is truly an eat-at- home only menu item.

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PLAN FOR PERSONAL GOALS

THERE ARE CHALLENGES TO CONSIDER IF YOU ARE THINKING ABOUT CONTINUING EDUCATION

Signing up for continuing education usually creates a tough balancing act between school, work and family.

Heather McRae, associate dean of engaged learning at the University of Alberta, says post-secondary institutions are very aware that adult learners face these challenges.

"The first step in achieving balance is careful research and planning to figure out what options exists and which best align with your goals and your available resources," she says. "From there, weigh your options, keeping in mind not to overextend yourself. It's no good for us and no good for you if you overtax your faculties and burn out. Consider a realistic schedule that will allow for some personal and social time."

Many schools offer online courses or blend classroom and online learning so people can work on their own time. "Other courses are offered on weekends and in the evening to accommodate busy schedules," McRae says.

If you are studying for professional development, the class will likely be designed to focus on practical applications that allow you to develop solutions to real workplace issues, lessening the disconnection between work and study.

But don't delude yourself: Continuing education for professional purposes will require hard work and long hours. Remind yourself, your family, and your colleagues that it is a temporary strain with a long-term payoff.

Peggy Watts, the director of distance learning and continuing education at Mount Saint Vincent University, says a flexible school schedule is important. That's why so many of her students chose online or distance learning that allows them to fit school around their other commitments, rather than fitting the rest of their life around school.

"The Mount offers business courses in the day, the evening and by distance so that people who are working can take advantage of the program to suit themselves," she says. "You can do the work on your own time."

Most of their lifelong learners are working on degrees through a distance-learning format that lets them set much of the schedule. Business degrees can be done entirely as distance learning, making them popular with people who are already working in their chosen field, but need an academic degree to advance.

Once you have enrolled, create a schedule that is conducive to learning. Have a designated place to study where you aren't likely to be distracted and plan a daily and weekly schedule that will realistically allow you to be most productive.

– Jon Tattrie

ISTOCKPHOTO/THINKSTOCK

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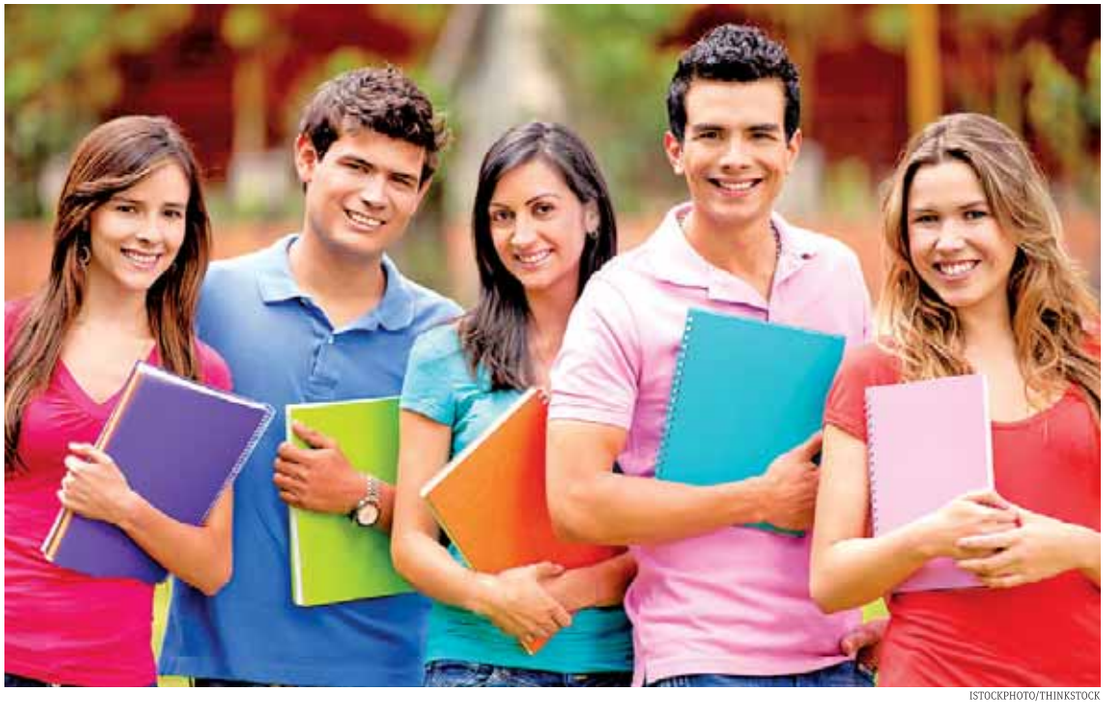

ISTOCKPHOTO/THINKSTOCK

Emily Carr University of Art and Design welcomes the public with its new collaborative studio space.

Located at the Emily Carr University of Art + Design Granville Island campus, The Leeway is an innovative space created to offer Continuing Studies students and the public access to affordable studio space in Vancouver.

Initially conceived as a place for Continuing Studies students to work between classes, The Leeway has expanded to be a public access point to the university, allowing members of the public to come and work in a technically supported studio space.

The Leeway is an open concept studio, where members work communally and have access to the expertise of Emily Carr technical staff and the university's impressive array of equipment and machinery. Carrying a variety of tools, from small saws, hand tools,to a photo documentation table, lighting tables, camera, sewing machine, heat press, textile printing screens, The Leeway is a great space for members to create and document their work in a professional manner.

Allowing for expanded access to Emily Carr Continuing Studies, the Leeway is programmed with short technical demonstrations and workshops, allowing members of the public to increase their ability to work with the machinery in The Leeway or to learn new techniques.

These short demonstrations and workshops expand the learning avenues at Continuing Studies, with workshops and demonstrations that are one to three hours long.

The Leeway is both a work space and a community hub, allowing for collaborative work between artists and technicians to create new and exciting work. The Leeway acts as point of connection among Emily Carr University Continuing Studies, the public and members to create a community within Emily Carr University of Art + Design, which focuses on those who work outside of the degree program.

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Deborah Holland
dholland@langara.bc.ca
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SPROTT SHAW HAS GLOBAL OUTLOOK

SPROTT SHAW COLLEGE PHOTO

Based in B.C., but focused abroad — Sprott Shaw College makes international education a top priority.

You can see it in the diverse backgrounds of the people who study there — people who come from all over the world. Like many others, these men and women see the value of Sprott Shaw's innovative, industry-focused training programs.

They appreciate the college's multiple campuses, monthly start dates, flexible course scheduling, and the assistance it provides with career placement for graduates.

They know that Sprott Shaw's slogan, "Learning with Purpose Since 1903," is both a statement and a promise. For them, enrolling at Sprott Shaw is a practical path to a rewarding career.

Of course, nothing says practical like a global outlook — and that's why Sprott Shaw maintains one. In addition to welcoming international students to study at its B.C.-based campuses, Sprott Shaw is undertaking strategic partnerships that will extend its educational model well beyond Canada's borders.

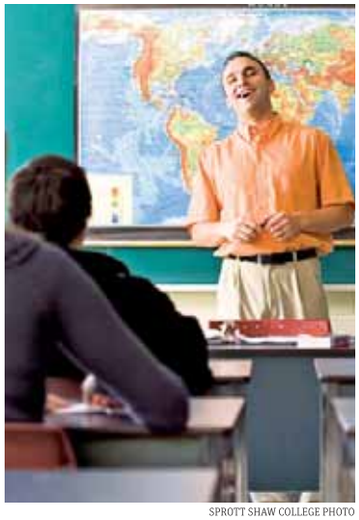
By partnering with credible institutions in the Chinese, Japanese, Korean, Indian, and Iraqi markets, plus many more in Asia and the Middle East, Sprott Shaw is developing new educational pathways for its students.

For those interested in studying abroad, it's a chance to do so according to Sprott Shaw's strict standards of quality.

And for international students, it will offer opportunities to study at affiliated institutions and earn academic credentials recognized in Canada. Programs in the faculties of trade, tourism and hospitality management, health and development, and business, are available. Most graduates of these programs will be qualified to enter the job market the day they leave school.

Practical courses designed for today's job market. Flexible enrolment designed for today's busy lifestyle. Instructors who see things the way students do.

No matter where you are coming from, Sprott Shaw College has a home for you.



SPROTT SHAW COLLEGE PHOTO

A CENTURY OF MEETING STUDENTS' NEEDS

One-hundred years is a long time. But Sprott Shaw College is just getting started.

"We want to capitalize on more than a century of delivering relevant education while still bringing to life our dedication to providing fast, focused, and direct pathways to a new job or career," says Patrick Dang, president of the college.

"And while remaining a warm, inclusive, close-knit family."

How can an institution manage to be so much to so many?

By considering the real-world needs of the students enrolled there, and offering courses designed to meet those needs.

That is why Sprott Shaw is offering new, industry-approved programs reflecting the marketplace graduates will soon face. These include practical offerings like the accounting and payroll administrator diploma program, the early childhood education certificate program, the tourism and hospitality management diploma program, and the international trade and business management diploma program.

These programs — among the more than 110 programs offered by Sprott Shaw — make it possible to complete your studies quickly and enter the workforce with the qualifications you need to start a new career.

Being there for students also means providing useful services. Sprott Shaw's career advisers are there to assist students in planning their futures, even before they enrol. Meanwhile, the college's Global Career Centre has helped more than 1,000 graduates find the jobs for which they are looking.

Even its newly redesigned website makes it easier for would-be students to find what they need. This new site is designed to inspire with every click.

To view it, and to learn about Sprott Shaw College's many new programs and services, visit sprottshaw.com.

STRATEGIC GROWTH LEADS TO RICHMOND EXPANSION

Sprott Shaw College continues to grow. But it's a strategic growth, guided by the needs of its student population. Case in point: Sprott Shaw's newest campus in Richmond.

Why a new campus in Richmond? It was a decision made in response to numerous inquiries from potential students, employers, and community leaders in the city. Plus, it was a good fit. Vibrant and multicultural, Richmond is a community well-suited to Sprott Shaw's educational philosophy.

Richmond will offer the same menu of courses as Sprott Shaw's other campuses.

However, starting in mid-January, it will also offer a selection of unique programs geared to the community's needs.

Centrally located near the Aberdeen Skytrain Station, on Cambie Road, the new campus offers its students access to a variety of amenities, including nearby restaurants, the Aberdeen Centre, and the Lansdowne Shopping Centre.

To learn more, phone a Sprott Shaw College career adviser at 604-270-8867.

WORK, PLAY, CREATE AND ENGAGE AT VCC

AT SCHOOL'S NEW ELECTRONIC MEDIA CENTRE

Today's rapidly shifting media landscape constantly transforms the workplace, not only for those who work in the digital realm, such as graphic designers or web developers, but for everyone, says Tene Barber, the interim dean of Continuing Studies and Contract Training at Vancouver Community College (VCC), and the department head of the digital graphic design program.

That's why Barber collaborated with other professionals in the field to come up with the Electronic Media Centre, to open in January 2013 at the VCC campus in Vancouver.

The centre is a brand new flexible classroom space, including a full Mac computer lab. The centre's courses are grouped into four genres: Work, play, create and engage.

Work courses focus on skills to help students build their skills at work, including resumé creation, using technology effectively every day on the job, and using software tools to run a small business.

Play courses let students explore the digital avenues they have always been curious about, such as app design, music production and game design. Mac + Mama helps new mothers organize their lives and connect with other new parents using computer-based recipe sharing, scheduling applications, photo sharing and other tools.

Create courses are all about using images to tell a story, including courses on design, photography and even creating watercolour paintings using Adobe Illustrator.

Engage courses and workshops are designed to meet specific needs for a variety of groups in the community, including the course Mac + Newcomers, which will help newcomers to Canada to transfer their skills to the Canadian workplace.

The Electronic Media Centre courses will appeal to a broad spectrum of people, says Barber.

"The courses are not only about working with the electronic media tools, but understanding what you can do with them across disciplines and sectors."

Through the centre, students will be able to take diplomas, certificates and non-credit courses for professional development.

Many of the courses are one day, giving students the opportunity to experiment with electronic media courses without having to commit to a program.

GIVING STUDENTS WHAT THEY NEED

Vancouver Community College programs focus on teaching the hard skills people need in life, at work and otherwise, says Tene Barber, an interim dean at VCC.

"In essence, we're a lot about access," she says. "Giving students the skills they need to do what they want, whether it's to upgrade their applied skills post-degree or learn a completely new profession."

VANCOUVER COMMUNITY COLLEGE PHOTO

ELLIS MARTIN PHOTO

GET YOUR VOICE OUT THERE WITH LANGARA

Every singer-songwriter has to start somewhere. For Aretha Franklin, it was at the church where her father preached. Finding your voice takes time and the courage to experiment, according to Deborah Holland, a prolific and critically acclaimed singer-songwriter and instructor for the singer-songwriter certificate program at Langara College.

School can be the push many aspiring singer-songwriters need to get into the profession, she says.

The singer-songwriter certificate program, starting in January 2013, is one of the only combined singer-songwriting programs in North America and was created with input from songwriter-performers who know what it takes to become a professional in the field.

"This program is for anyone, from a novice to an experienced singer-songwriter who wants to up their game and get their voice out there," Holland says.

The intense, 14-week evening classes help students develop the skills necessary to compete in the music marketplace, from developing a distinct voice to writing and editing music professionally, to taking it onstage and into the studio to create polished recordings. The program's music business course equips students with the business skills they need to get heard.

Feedback from peers and experienced teachers accelerate learning from the get-go, Holland says, who compared the program to a fitness boot camp. "The intense, five-nights-a-week program will make sure students take the steps they need to become professionals. No more putting it off," she says.

For more information, see langara.bc.ca/continuing-studies.

SHAPE ONLINE, INTERACTIVE COMMUNICATIONS

Electronic media make up the fabric of the Internet, shaping how individuals and organizations use the web every day and what they use it for.

The electronic media design program at Langara College turns students into graphic and communication designers who shape those online and interactive communications using the latest technology.

The comprehensive one-year, full-time program is for aspiring communication designers who want to utilize today's field of interactive media and learn from experts in the industry, says Johnathon Strebly, head of the electronic media design, digital media, and communication arts programs at Langara College.

Students learn in small classes and have one-on-one time with instructors, who are professional designers from the print and electronic media design industries "chosen for their technical knowledge and industry-recognized expertise," he says.

The program courses take students through every facet of visual and communication strategies, creative and strategic processes, and visual execution.

Students also learn business skills specialized to graphic and communication designers, including self-promotion, target marketing and the creation of business materials needed to start any project.

After graduating from the EMD program, students have gone on to start their own firms, often with classmates, and work at some of the top design and ad agencies in Vancouver and abroad, Strebly says.

For more information, see langara.bc.ca/continuing-studies.

ISTOCKPHOTO/THINKSTOCK

VCC
CENTRE FOR CONTINUING STUDIES

Pick up the Winter VCC Continuing Studies flyer available around the city or go online.

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VANCOUVER COMMUNITY COLLEGE

Don't get caught off guard — have a post-baby budget

Alison on Money.
What to expect when you're not expecting

YOUR MONEY
Alison Griffiths
money@metronews.ca

Regina and Monty, both 28 years old, have good news and bad news. First the good: They're expecting! Now the bad: It was completely unplanned and this high earning ($230,000 household income) couple doesn't have a dime of savings beyond their RRSPs.

They did have a plan, which was to start their family five years hence and they were on the verge of putting aside their free-spending ways in order to save up so Regina could quit work for a couple of years.

That's not going to happen, so Monty is wondering about the tax implications of Plan B — taking money out of their RRSPs for cash flow when their precious little bundle arrives in March and Regina's income is reduced.

RRSP facts

- 43 per cent of Canadians between 18 and 34 have an RRSP account (up from 39 per cent in 2010).
- 16 per cent of 18 to 34-year-olds contribute the maximum to their RRSPs (down from 33 per cent in 2010).

Cleo Hamel of H&R Block offers an important caution about this plan. "If Regina deposits money into an RRSP, she has to leave the deposit untouched for at least 90 days before she can claim the deduction."

This information particularly applies to Regina and Monty because they use year-end bonuses of about $18,000 to make their RRSP contributions. Generally they make the lump sum deposits in January.

Hamel also recommends that they project Regina's tax situation while she is on maternity leave.

"Maternity leave benefits are generally only 55 per cent of your employment income to a maximum of about $445 per week," she notes. "However, the amount Service Canada withholds for taxes is about 10 per cent, which is lower than the minimum federal tax rate."

Are you going to be a parent? Time to start saving. ISTOCK IMAGES

Often new mothers (my daughter found herself in this situation) end up owing tax in their maternity leave year because the withholding amount wasn't sufficient, even with the child tax credit.

RRSP withdrawals are subject to a higher withholding for tax purposes. A financial institution would hold back 30 per cent on a $20,000 withdrawal, for example. Depending on when Regina takes her leave of absence, that might not be sufficient to cover her tax bill for the year.

With high incomes, these surprised parents-to-be have an opportunity to save like Scrooge over the next few months and put aside a significant sum. But they must immediately draw up a post-baby budget to figure out exactly what they need monthly to pay the bills.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Don't trump or be trumped on the gifts

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

Picture Christmas Day. Family, friends and loved ones have gathered to eat a fantastic meal and exchange gifts.

You draw names and get to open your presents first. As you unwrap each gift, you quickly realize that you've overspent on the presents you're about to give. Your brother-in-law goes next and opens your gift to him — a $200 Hugo Boss wallet. Meanwhile, his gift to you was a $20 pair of mitts. Your sister gives you the evil eye because your gift just trumped her gift to her husband. Now you're really uncomfortable.

We've all been in this position. Unclear gift expectations can lead to unpleasant and unintended emotional consequences over the holidays.

The holidays are not about gifts, but because it's customary to give presents, save yourself from this experience and set expectations in advance.

With your partner, discuss your total holiday budget for the season and how much each of you will contribute for family functions, dinners, gifts, baking, parties and entertainment. If it's hard to keep track of everything, draw up a simple spreadsheet, list your financial commitments and total it up.

Talk about your holiday budget limitations and expectations. For example, you may have set aside $500 and have to buy gifts for 10 people, meanwhile your honey may have $1,000 to spend on five people. It's also important to agree on how much to spend on each other. If you can't agree on a dollar value, consider putting money towards a joint gift like a kitchen appliance or a weekend spa vacation. Or, instead of gifts, you could make a donation to your favourite charity.

Next, call your extended family and agree on gift value limits, like $50 per person, or whether you want to draw names and only buy for one person. Do the same with co-workers and friends.

Don't be afraid to be frugal when holiday shopping. It's 100 per cent okay to use coupons and take advantage of deals to save money.

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Vancouver Giants goaltender Payton Lee, 16, makes a save during Monday's practice at the Ladner Leisure Centre. CAM TUCKER/METRO

An education on and off the ice

WHL. Goaltender Lee balances school and hockey as part of Vancouver Giants' rebuilding phase

CAM TUCKER
cam.tucker@metronews.ca

It's not uncommon for Vancouver Giants goalie Payton Lee to come racing through the doors at the Ladner Leisure Centre minutes before practice.

Lee, a 16-year-old Grade 11 student, is taking a full course load — biology, social studies, English, peer-tutoring special-needs students and accounting.

Immediately after his school day is done in the early afternoon, it's a rush to the arena for practice with the Western Hockey League team.

A hectic schedule, yes, but part of the rite of passage in junior hockey development.

"I just keep working hard every day and take pride in what I do, try to do as well as I can," Lee said before Monday's skate in Ladner.

An early-season call-up from the Junior B Richmond Sockeyes, Lee is getting an education as a young netminder playing on a team in the midst of a rebuilding phase.

His individual plight mirrors that of the Giants, who have a record of 7-17-0-0, and are last in the league coming into Wednesday's game against the Moose Jaw Warriors at the Pacific Coliseum.

There have been some good signs since the start of the season, as well as stern learning experiences

Take Lee's last three starts, for example.

On Nov. 17 against the Everett Silvertips, the last-place team in the U.S. Division, Lee allowed six goals on just 27 shots. The Giants lost by a goal.

Four days later, against the Portland Winterhawks, owners of the best record in the U.S. Division and second-best record in the entire WHL, Lee made 39 saves on 41 shots in a 3-0 loss.

He followed that with a 29-save performance in a 2-1 loss to the Kamloops Blazers — the No. 2-ranked team across the nation — on Saturday.

"The last couple of games … I've felt a lot better and just hope we can start winning some games," said Lee, who holds a 4-5-0-0 record.

"At the end of the day, we still lost and that means there's still lots of room to improve and I've just got to keep getting better so that those close one-goal games can become wins."

Head coach Don Hay, who has been with Vancouver since 2004 and seen his fair share of success at the Giants helm, has had to adjust his focus to include patience and development.

Lee falls into those categories.

"I think the last week he's made … really good strides against real quality hockey clubs," Hay said of Lee.

"I think the biggest thing Payton has to learn, along with everybody else, is consistency. Consistency is his position. His position is a very important position and we expect him to play well, to give us a chance to have success every game, and he's starting to do that."

Quoted

"I think the biggest thing Payton has to learn, along with everybody else, is consistency. Consistency is his position."
Vancouver Giants head coach Don Hay

By the numbers

5

The Giants have been synonymous with winning for the better part of a decade. They went on a run of five straight B.C. Division titles ending in 2010, a Memorial Cup appearance in 2006 and a Memorial Cup championship in 2007.

Soccer

Simon Fraser off to Final Four

The SFU Clan men's soccer team departed south to the state of Georgia, packed with a chance to make history.

The Clan departed from the Vancouver International Airport Monday morning for the NCAA Division II Final Four in Evans, Ga.

The local university club features 18 players from British Columbia, including 14 from the Greater Vancouver Regional District.

The Clan can become the first Canadian team to win an NCAA national championship. They begin the final stage of their quest against the Saginaw Valley Cardinals on Thursday in the semifinal.

With a win, SFU will play for the national title against either the Mercyhurst Lakers of Erie, Pa., or the Lynn University Fighting Knights of Boca Raton, Fla.

The Clan steamrolled their way through every type of post-secondary competition they faced this season, heading to Georgia with a 19-1-1 overall record.

They posted a 12-1-1 record in the Great Northwest Athletic Conference and haven't lost a match since Sept. 15.

Should the Clan make it past Saginaw Valley, the championship goes Saturday.

CAM TUCKER/METRO

CFL

Grey Cup ratings soar, but fall short of national record

Television ratings for the 100th Grey Cup game between the Toronto Argonauts and the Calgary Stampeders fell short of the modern national record set in 2009, according to overnight data from BBM Canada.

An average audience of 5.8 million viewers on TSN and RDS tuned in to see the Argonauts beat the Stampeders 35-22 at home.

The average of 5.5 million viewers on TSN is the largest English audience for the game since a new ratings measurement system caused sports TV ratings to skyrocket. But the overall average falls short of the 6.1 million total viewers who watched Montreal beat Saskatchewan shortly after the new system was introduced in 2009. The numbers for that game were buoyed by a larger audience on French-language RDS.

THE CANADIAN PRESS

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Newton flashes rookie form in battle of basement dwellers

Carolina Panthers quarterback Cam Newton reacts after scoring a touchdown against the Philadelphia Eagles on Monday Night Football in Philadelphia. Newton returned to his rookie form, throwing for two touchdowns and rushing for two more to lead the Panthers to a 30-22 victory over the Eagles in a matchup of teams with the worst records in the NFC. MEL EVANS/THE ASSOCIATED PRESS

'New approach' ahead in lockout negotiations

NHL. League, players' union agree to allow mediators into stalled CBA negotiations

The NHL and NHL Players' Association are hoping some objective voices can help bring an end to their labour dispute.

With negotiations stalled on a new collective bargaining agreement, the sides have agreed to allow U.S. federal mediators into the process — something they tried without success on a couple of occasions prior to the cancellation of the 2004-05 season.

"While we have no particular level of expectation going into this process, we welcome a new approach in trying to reach a resolution of the ongoing labour dispute at the earliest possible date," deputy commissioner Bill Daly said Monday.

Added NHLPA executive director Donald Fehr: "We look forward to their involvement as we continue working to reach an equitable agreement for both the players and the owners."

The mediation will be non-binding, meaning the sides will not be forced to go along with suggestions or recommendations made by Scot L. Beckenbaugh and John Sweeney. Those mediators are scheduled to meet separately with the league and union on Wednesday.

Beckenbaugh was acting director of the Federal Mediation and Conciliation Service during the NHL's last lockout and sat in on sessions at that time. One of those occurred just three days before commissioner Gary Bettman cancelled the entire season in February 2005.

THE CANADIAN PRESS

Where they stand

- The NHL and NHLPA haven't met since last week, when the union tabled a proposal that Gary Bettman quickly labelled as one that left the sides "far apart."
- They've managed to reach some common ground on a 50-50 revenue split, but are divided on the amount of additional payments the league will make to help ease the transition.

Low blow. Lions DT Suh could be fined, but will play Sunday vs. Colts

Ndamukong Suh might lose some money for his low blow against Houston Texans quarterback Matt Schaub.

The Detroit Lions defensive tackle, though, will be able to play Sunday at home against the Indianapolis Colts.

NFL spokesman Greg Aiello tweeted Monday that the Lions have been notified that Suh won't be suspended for last Thursday's "incident," though it will be reviewed for a potential fine.

Suh was on his chest after being taken down by an offensive lineman and extended his left foot to hit Schaub below the belt. Suh's left cleat connected with Schaub's groin area after he threw a pass in the first quarter of Houston's 34-31 overtime win.

Schaub went to his knees, doubled over in pain, but stayed in the game.

It wasn't clear on replays Thursday whether it was intentional, and Suh hasn't spoken publicly.

Texans linebacker Connor Barwin said he did not think Suh should have been suspended.

"I didn't think it was malicious, or a really violent thing, but it was definitely unnecessary," Barwin said Monday. "Just a little something extra at the end." THE ASSOCIATED PRESS

Ndamukong Suh GETTY IMAGES

Rough history

Suh was suspended for two games a year ago after he was ejected for stomping on the right arm of Green Bay offensive lineman Evan Dietrich-Smith during a game on Thanksgiving. He has been fined in previous seasons for roughing up quarterbacks.

NFL

Dolphins Amaya accused of choking cabbie

Miami Dolphins reserve defensive back Jonathon Amaya allegedly choked a taxi driver and was charged with battery early Monday.

According to a police report, Amaya offered the driver $100 US to take him from Miami Beach to Weston, Fla., The driver told police Amaya became aggressive, so he turned around the car and asked him to get out. The driver said Amaya then leaned forward, wrapped his hands around the driver's neck and starting choking him. Officers saw the taxi driving erratically and heard the driver scream "this man is trying to kill me."

Police arrested Amaya. The driver wasn't injured.

The arrest came hours after the Dolphins' victory over the Seattle Seahawks.

"We are aware of the situation and are in the process of gathering information," Dolphins spokesman Harvey Greene said.

THE ASSOCIATED PRESS

Champion Argos about more than talent

The Argonauts celebrate in the locker-room after winning the 100th Grey Cup on Sunday at Rogers Centre. NATHAN DENETTE/THE CANADIAN PRESS

Ricky Ray saw it coming out of training camp. These Toronto Argonauts had a special bond.

They might not have been the biggest, fastest or most heralded. But they had each other's back.

Ray, who came over from the Edmonton Eskimos in a blockbuster off-season trade, credits GM Jim Barker and rookie head coach Scott Milanovich for choosing the right pieces in assembling what was to become a Grey Cup champion squad.

"Scott and the staff and Jim coming out of training camp didn't necessarily pick the best, most talented guys," said the veteran quarterback. "They picked guys that were going to be good teammates over some of those guys.

"That's where it's got to start, it's got to start with the locker-room and how everybody gets along and everybody playing for each other out there. I think that's been the biggest difference for us."

Barker says he and Milanovich both believe "it's not necessarily the 46 best players, but it's the best 46 players."

"That means the 46 that can work together the best," the GM said in an interview Monday. "It was about finding the right blend of players — of veterans and rookies."

Milanovich referred to that brotherhood in his pre-game speech before Sunday's 35-22 championship win over the Calgary Stampeders.

"Find strength in your teammates when things gets tough," he said. THE CANADIAN PRESS

Quoted

"There are so many guys out there who can play and don't get their opportunities ... so it's a real blessing to be here, and to have that opportunity I was given."

Grey Cup MVP running back Chad Kackert

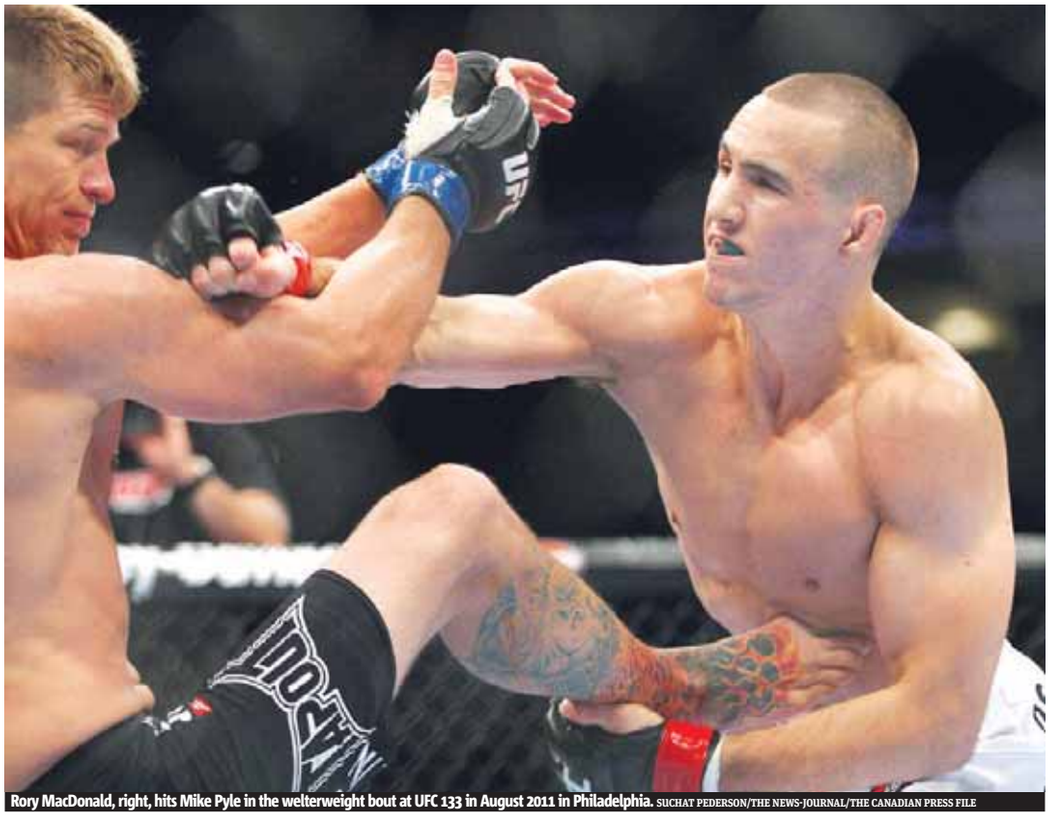
CFL

Lewis positive after Stamps loss

A sombre group of Stampeders returned to Calgary on Monday, a day after a 35-22 loss to the host Toronto Argonauts in the 100th Grey Cup.

Despite the loss, receiver Nik Lewis remained optimistic about a 2012 season, which saw the Stampeders overcome a slow start and knock off the defending Grey Cup champions in the West Division final.

"I felt like we did a great job this season," said Lewis. "We just came up a little short, didn't play a really good game when we needed to." THE CANADIAN PRESS



Rory MacDonald, right, hits Mike Pyle in the welterweight bout at UFC 133 in August 2011 in Philadelphia. SUCHAT PEDERSON/THE NEWS-JOURNAL/THE CANADIAN PRESS FILE

MacDonald seen as heir apparent to GSP's throne

MMA. Kelowna, B.C., welterweight's star on the rise heading into fight with Penn

Should Georges St-Pierre retire as UFC welterweight champion, the title may not have far to go.

Rory "Ares" MacDonald trains alongside St-Pierre at Montreal's Tristar Gym. Just 23, the native of Kelowna, B.C., is seen by some as the heir apparent to GSP.

Including the 31-year-old St-Pierre himself.

"Oh yeah, definitely. I believe he has all the tools to be the greatest," St-Pierre told The Canadian Press.

Mike Ricci, another Tristar training partner who is currently being showcased on The Ultimate Fighter TV show, also sees a UFC championship belt being wrapped around his friend's waist.

"Oh yes, that's not a question. That's definitely not a question," said Ricci. "He's so talented and so focused, I don't see anybody stopping that man."

MacDonald (13-1) can turn more heads on Dec. 8 when he faces former lightweight and welterweight champion B.J. "The Prodigy" Penn on a televised UFC card in Seattle.

The 33-year-old Penn (16-8-2) is a veteran fighter who loves to get under his opponent's skin. He has used Twitter before this fight to denigrate MacDonald for postponing their meeting due to a cut and to make some less-than-veiled jabs about drugs.

At Penn's request, MacDonald agreed to undergo random drug tests ahead of the fight. MacDonald says he has already passed two random tests, sounding like he agreed to Penn's request just to shut him up.

"At the end of the day, he can say what he wants to say, get people excited, but I'm still going to beat his ass," MacDonald said at a recent fan question-and-answer session prior to UFC 154 in Montreal.

"He's got a lot of excuses, that guy," he added. "He likes to start (stuff)."

THE CANADIAN PRESS

Quoted

"Me and Georges are not going to fight ... I wouldn't disrespect Georges or the gym in that way."

Rory MacDonald quashing rumours that he and Georges St-Pierre might meet in the cage.

Better with age

Rory MacDonald became the youngest fighter on the UFC's books when he signed a four-bout deal as a 20-year-old in the fall of 2009.

- Five fights later, he remains the seventh-youngest.
- His only loss is to former WEC champion Carlos "Natural-Born Killer" Condit at UFC 115 in Vancouver in June 2010. Condit lost to Georges St-Pierre at UFC 154.
- After the loss to Condit, MacDonald left Kelowna for Montreal to train full time at Tristar. That iron-on-iron training has helped him raise his game each time out since, with wins over Nate Diaz, Mike Pyle and "Beautiful" Che Mills.

Racism in soccer.

Anti-Semitic abuse taints Premier League match

English football faced another racism investigation by authorities on Monday after a Premier League match between Tottenham and West Ham was marred by anti-Semitic abuse from supporters.

West Ham pledged to impose life bans after some of its fans on Sunday were heard making chants about Adolf Hitler and also praising Italian club Lazio after an apparent anti-Semitic stabbing of a Tottenham fan in Rome on Wednesday ahead of a Europa League match.

Tottenham is known to have a large Jewish fan base, which has long been subjected to anti-Semitic abuse at matches.

The Metropolitan Police is looking into the chants heard during Sunday's globally-broadcast match at White Hart Lane after receiving a complaint from a member of the crowd.

Player opinion

"I was very disappointed to hear some of the songs yesterday, and it was embarrassing."

Israel midfielder Yossi Benayoun, who is on loan at West Ham from Chelsea, from his Twitter account.

Police had already arrested two fans at the venue for making Nazi-style salutes, described as a "racially-aggravated public order offence." The fans accepted police cautions, which are given to people who admit to minor offences.

The English Football Association is gathering video evidence from Tottenham and said it encourages clubs "to identify and ban for life any individuals involved in incidents of abusive chanting."

THE ASSOCIATED PRESS

Sportsmanship

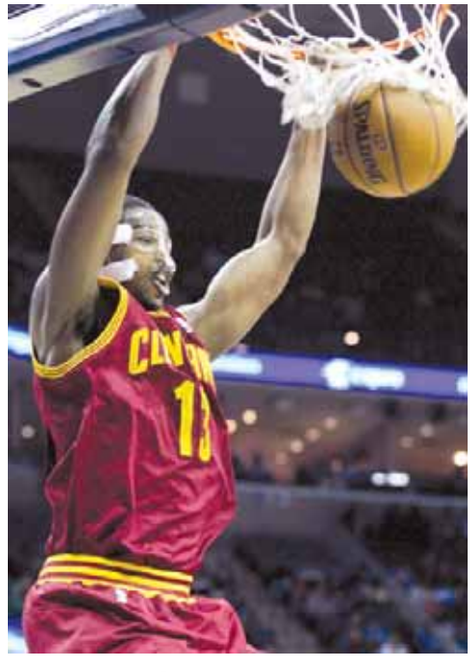
Soccer player owns up to five yellows

A Hannover player is proving that there's still fair play in soccer.

Midfielder Lars Stindl has been suspended for a Bundesliga match after pointing out he should be banned for getting five yellow cards this season.

The 24-year-old Stindl kept count better than German football authorities, who failed to register an earlier booking. When Stindl was cautioned Saturday in a 5-0 loss against leader Bayern Munich, he told his club it should trigger a one-match ban.

THE ASSOCIATED PRESS



Made in Canada

Cleveland Cavaliers forward Tristan Thompson, a Toronto native, dunks the ball during the first half of an NBA game in Memphis, Tenn., Monday. The Grizzlies won 84-78. DANNY JOHNSTON/THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
Mars united with Pluto today means you are intensely ambitious. It also means you don't need other people. You can do it on your own. Identify your goal, and go out and get it. Who is going to stop you?

♉ Taurus
April 21 - May 21
You are a law unto yourself at the moment. You believe you can get away with anything. However, just because you are able to break the rules does not mean you have to. Is there another way?

♊ Gemini
May 22 - June 21
There is a danger that you will let slip information it might have been wiser to keep to yourself. However, once it is common knowledge, there is no point trying to deny it. Face up to the truth — and potential embarrassment.

♋ Cancer
June 22 - July 23
One-to-one relationships are under heavy stars at the moment, so be careful how you speak to partners and loved ones. Above all, don't let minor disputes become major feuds. Control your emotions, whatever the provocation.

♌ Leo
July 24 - Aug. 23
Your workload is likely to increase dramatically today and if your social life is busy too, you could suffer health-wise. Clearly, you need to cut back on what you do, if only in the short term. Give that party a miss.

♍ Virgo
Aug. 24 - Sept. 23
You seem to be a lot more assertive and ambitious of late and that's good. Others will be mightily impressed by what you manage to accomplish but don't do it just for the applause — do it because it matters.

♎ Libra
Sept. 24 - Oct. 23
Just because others get emotional about silly things, does not mean you have to do the same. If certain people get on your nerves, remove yourself from their presence — at least for a while.

♏ Scorpio
Oct. 2 04 - Nov. 22
You will be on the move more than usual today and with Mars, planet of action, linked to your ruler, Pluto, you will accomplish a great deal. Just don't expect others to keep up with your frenetic pace. You'll exhaust them.

♐ Sagittarius
Nov. 23 - Dec. 21
Not even a Sagittarius can have everything their way so accept that what is happening now, while not to your liking, is something you have to put up with. Can you turn it to your advantage financially? Yes.

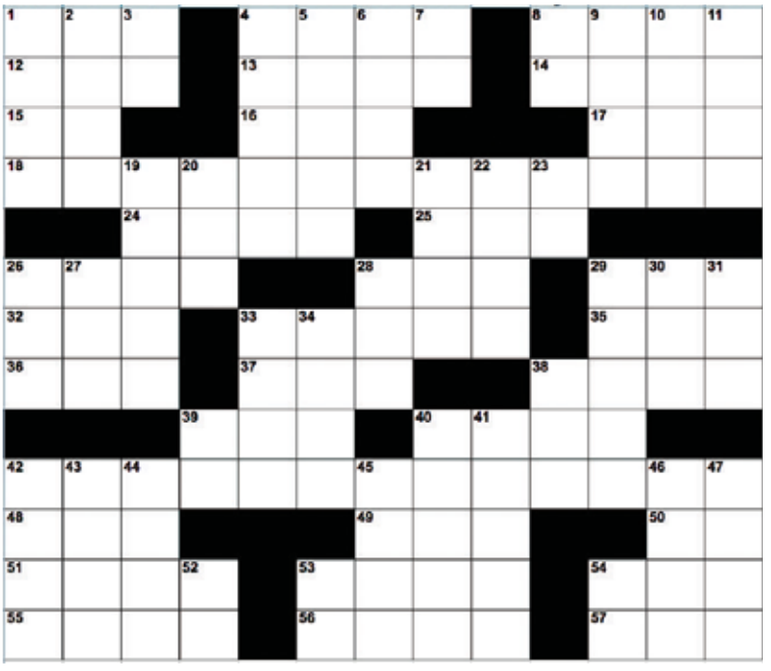
♑ Capricorn
Dec. 22 - Jan. 20
With both Mars and Pluto moving through your sign, you will be a winner now and for the remainder of the year. Focus your energy in a single direction and expect to be a huge success. What you expect, you will get.

♒ Aquarius
Jan. 21 - Feb. 19
Cosmic activity in the most sensitive area of your chart means you will be happier on your own today. You have lots to think about and you can't do that with everyone chattering around you.

♓ Pisces
Feb. 20 - March 20
Try not to be too aggressive in your opinions today. You are entitled to your viewpoint and you are entitled to express it, but the more you talk the less you will learn. No, you don't know it all. **SALLY BROMPTON**

Crossword

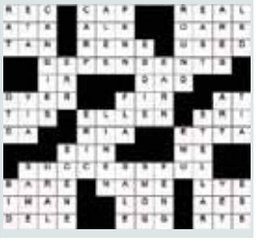
BY BETTY MARTIN



Across
1. Tennis serve
4. Wash
8. Land measure
12. Eggs
13. Greek God of Love
14. Someone who gets things done
15. Egg choice (abbr.)
16. Thing, in the courtroom
17. —: Crime Scene Investigation
18. Put off until tomorrow
24. Puts down
25. Dora the Explorer iguana
26. Cheryl or Alan
28. Building extension
29. Eggs partner
32. Onassis nickname
33. Large wooden box
35. Schnozz ending
36. Sault — Marie
37. Soak
38. Amazed
39. Canadian Automobile Association (abbr.)
40. East Indian dress
42. Escort
48. Poor grade
49. Form of address
50. Shoe width
51. The younger Guthrie
53. Clothes label seen often: —- in Canada
54. — and the City
55. Thaw
56. Mimicked
57. Pesticide

Down
1. Wind around
2. "Somewhere — the Rainbow"
3. University deg.
4. Small fruit
5. Sites
6. Throw the ball
7. Grades 9-12 (abbr.)
8. Commercial
9. Actress Imogene —
10. Take a break
11. A great lake
19. — but goodie
20. Rascal
21. Lean to one side
22. Survivor location, sometimes
23. Sha – Na
26. Nevada city — Vegas
27. Carney of The Honeymooners
28. Have a meal
29. Comedian Mandel
30. Lager
31. — Men
33. Study hard for a test
34. Gather
38. Upper appendage
39. Denver state
40. Mean
41. Hung out to dry
42. Sandler or Levine
43. Membrane
44. Prison room
45. Anon
46. Has to have
47. Send a phone message
52. Bible pt.
53. Mate for Pa
54. Neighbour of ND

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

5				6				8
	6				3	7	1	
	3		7	4				
	1					6		
7		4				2		3
		9					4	
				3	9		2	
	5	8	4				3	
1				2				5

Yesterday's Sudoku

5	3	9	7	6	1	2	4	8
6	7	2	8	9	4	1	3	5
8	4	1	3	5	2	6	7	9
7	1	5	6	4	3	8	9	2
4	6	3	2	8	9	7	5	1
2	9	8	5	1	7	4	6	3
1	2	6	4	3	5	9	8	7
3	8	7	9	2	6	5	1	4
9	5	4	1	7	8	3	2	6

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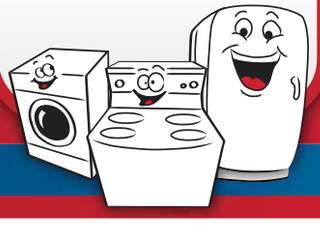

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